

To the Core poets 29<sup>th</sup> April 2020

To the Core poets

How are you all doing? Hope you're keeping well. How did you find last week's prompts? I'm looking forward to hearing all your creations when we all meet again. So I do hope you're remembering to file them away, in a folder or even a carrier bag! 😊 That way you will be able to share them with the group, and get some feedback, when we meet again.

Last week I heard a quote, which I'm going to share with you, "**THIS IS TEMPORARY.**" This current situation, however frustrating, is not forever. Difficult to keep sight of whilst we're in lockdown, but it will end! So let's use this time to keep writing, improving, learning and expressing! 😊

So get creative and enjoy!

Keep strong, keep safe and keep writing! 😊

Sara

## DERBYSHIRE POLICE FORCE CORONAVIRUS RAP warmup

Last week, officers in the Derbyshire Police Force toured streets with a loudhailer, in the attempt to provide a public service message, to enforce the national slogan of, “Stay home, save lives.” Calling out this verse...

*“Stay at home whenever you can*

*Don’t go out on the streets with your fam*

*Only go to the shop for essential things*

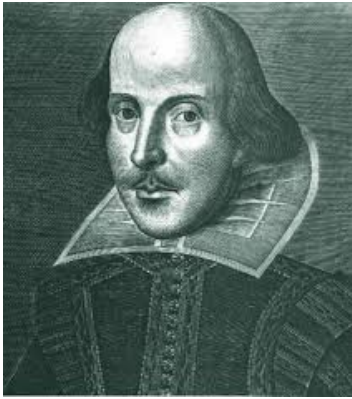
*Like bread and milk and fruit and cheese strings...”*

The poem was so awful, it cleared the streets immediately!

### PROMPT

- Write a short verse or rap which would encourage the public to obey the coronavirus distancing rule.
- You could free style it or use the slogan; “**Stay home, save lives.**” To begin it, embed within it, or end it.
- **Remember;** it should be catchy, impactful, snappy, informative.

### SHAKESPEARE DAY QUOTES



The 23<sup>rd</sup> April celebrates the anniversary of Shakespeare's birth and death  
April 1564 - April 1616

Shakespeare Day; April 23<sup>rd</sup>. is also St George's Day and the United Nations' World Book and Copyright Day, which was a natural choice to pay a worldwide tribute to the great Bard William Shakespeare.

Here are some of his quotes.

**1. Be True to Yourself**

*"This above all: to thine own self be true."*

**2 Destiny**

*"It is not in the stars to hold our destiny but in ourselves."*

**2. Anything Goes**

*"The empty vessel makes the loudest sound."*

**4. Listening More Than Speaking**

*"Give every man thy ear, but few thy voice."*

**5. Sticking to the Basics**

*"I would give all my fame for a pot of ale, and safety."*

**6. Being Punctual**

*"Better three hours too soon than a minute too late."*

**7. On How Time Flies**

*"Pleasure and action make the hours seem short."*

**8. Hope**

*"The miserable have no other medicine, but only hope."*

**9. Greatness Can Come To Anyone**

*"Some are born great, some achieve greatness, and some have greatness thrust upon them."*

## **PROMPT**

- Select a quote to use as your prompt, use its theme or message to write your creative piece.

**OR**

- Use the words below to write your creative piece.

**Wisdom**

**Honesty**

**Hope**

**Pour**

**Dangers**

**Own**

**Hold**

***Sound***

**True**

**Destiny**

**Stars**

***Voice***

**National Superhero Day April 28<sup>th</sup> 2020**

*Poetry Sara April 29<sup>th</sup> 2020*



**APRIL 28**

Marvel employees created National Superhero Day on April 28, 1995 to celebrate everyone's favourite superhero. Still, the idea behind superhero day is to honour those who serve and protect while fighting evil. No matter who your favourite hero is, honouring the real or fictional people that inspire us is a worthwhile cause this April 28.

## **HISTORY OF NATIONAL SUPERHERO DAY**

For a day that's all about celebrating superheroes, it's no surprise that National Superhero Day was founded by Marvel Comics. Now, every year since its birth on April 28, 1995, people come together annually on this day to celebrate all their favourite heroes. No matter if your favourite heroes are fictional or real, this is the day to be thankful for them.

### **Honour your own real-life superheroes**

What makes a superhero? Usually it's the attribute of powers, but don't let that stop you from taking the day to thank your own heroes. You can thank an entire group, like firefighters or police officers, or honour just one person who has demonstrated fairness, courage and compassion. Make this superhero day your perfect day to honour all heroes.

### **PROMPT**

- Write a letter to someone you regard as a hero or heroine.  
This could be to a fictional character, perhaps from a childhood comic you always wanted to meet. Or a real life character that you regard as a hero. Someone who was there for you at a time of need. Maybe it was a little gesture that made the biggest difference. Perhaps you never got the chance to thank them... Well now you can!
- Your letter could be in the form of a letter or a poem,

### **Rainbow symbol prompt**

*Poetry Sara April 22<sup>nd</sup> 2020*



## Rainbows as signs of thank you, hope and solidarity

Since the lockdowns in Europe started in March, colourful images of rainbows have appeared in windows across the globe. Gaia Vince looks at their meaning throughout history.

*By Gaia Vince 9 April 2020*

You might have noticed a handmade motif brightening your neighbourhood windows in recent weeks. Children's painted rainbows have been popping up in windows across the world as schools close and households observe social-distancing rules. In those countries where exercise is allowed, children can count them as they walk by, enjoying a sense of community at a time when they cannot see their friends or visit playgrounds, and perhaps gleaning hope of a brighter future.

Rainbows are a symbol of hope in many cultures. They appear as perfect arcs, often during a rainstorm when the sun shines onto water droplets, shattering its white light into an array of brilliant colours. (They are actually full circles, but to see the half that falls below the horizon, you would have to view the rainbow from the sky, such as in a plane.) In Christian culture, a rainbow promises better times to come – the Abrahamic god sent one to Noah after the great flood as a sign that people could go forth and multiply without fear of another calamitous drowning. Rainbows are frequently represented in Western art and culture, as a sign of hope and promise of better times to come.

After Aunt Em tells Dorothy to find 'a place where you won't get into any trouble' in *The Wizard of Oz*, the girl (played by Judy Garland) sings '*Somewhere Over the Rainbow*.'

Rainbows have also been spiritually important to Western cultures. For the Ancient Greeks and Romans, the arch of colour was the visible form of the fleet-footed messenger goddess Iris. For Buddhists, it is possible to become a spiritual rainbow body – the rainbow symbolises the highest state that can be reached before Nirvana or enlightenment.

<https://www.azlyrics.com/lyrics/judygarland/overtherainbow.html>

Somewhere over the rainbow, way up high  
There's a land that I've heard of once in a lullaby.  
Somewhere over the rainbow, skies are blue  
And the dreams that you dare to dream,  
Really do come true.

Someday I'll wish upon a star  
And wake up where the clouds are far behind me.  
Where troubles melt like lemon drops,  
High above the chimney tops,  
That's where you'll find me.

Somewhere over the rainbow, blue birds fly  
Birds fly over the rainbow  
Why then, oh why can't I?  
If happy little bluebirds fly beyond the rainbow  
Why, oh why can't I?

**PROMPT;**

**PAINT YOUR OWN RAINBOW PICTURE..... WITH YOUR WORDS!**

- Select a line from the song you like to write your creative piece.

**OR**

- Use some of the words below to write your creative piece.

**Rainbow  
Hope  
Solidarity  
Window  
Community  
Arc  
True  
Horizon  
View  
Array  
Promise  
Bridge  
Dreams**

**Blue  
Melt**