



# Free Verse

Food Hero  
Poetry  
Workshop

## What is it?

A poem in **free verse** does not have to have any particular pattern of rhythm, rhyme, or structure. Here's an example:

### Hiking with My Best Friend

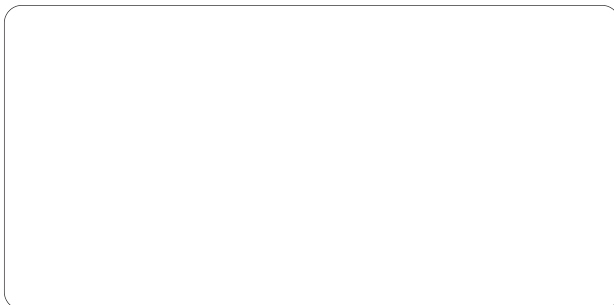
The sun is shining.  
We bring bottles of water and nectarines.  
On the trail, we talk about the things we hear and see:  
water rushing over shiny rocks at the bottom of a creek,  
squirrels chattering as they scurry up a tree,  
a bird singing a happy song.  
We stop and listen and eat our nectarines.  
Hiking with my best friend, I feel happy, too.

### Your Turn!

Try writing a poem in free verse about sharing a fun activity with a family member or friend. First give your poem a title. Write your name below it. If you like, draw a picture for your poem in the blank space on this sheet.

### We would love to read your poem!

If you'd like to share it with us, send an email to [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu) and we will tell you how!



Title: \_\_\_\_\_  
By: \_\_\_\_\_

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.  
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