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** and we will tell you how!

Title: _____

By: _____

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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