

Mindful Poetry

Poetry can be a great way to express and reflect on our feelings.
Reading/Writing poems can be a means to relax and get in touch with our emotions.

Read and Reflect:

Your Best:

Barbara Vance

If you always try your best
Then you'll never have to wonder
About what you could have done
If you summoned all your thunder
And if your best
Was not as good
As you hoped it would be,
You still could say,
"I gave today
All that I had in me."



Try Try Again

T.H. Palmer

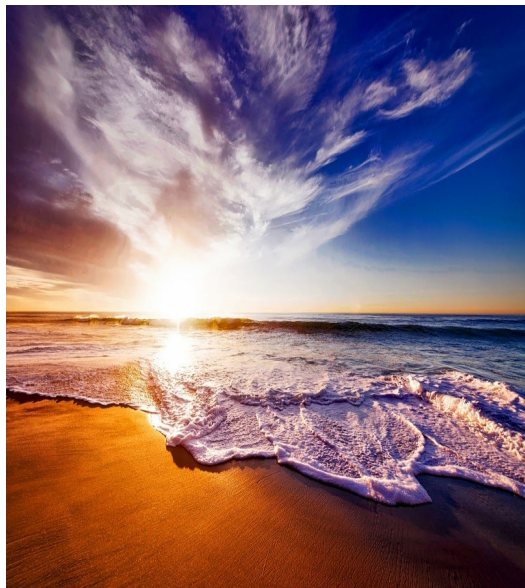
Tis a lesson you should heed
If at first you don't succeed
Try, try again:
Then your courage should appear,
For if you will persevere,
You will conquer, never fear
Try, try again:
If we strive, 'tis no disgrace
Though we do not win the race:
What should you do in the case?
Try, try again
If you find a task is hard,



Time will bring you your reward,
Try, try again
All that other folks can do.
Why with patience, should not you?
Only keep this rule in view:
Try, try again.

New but Old

Jennifer Williamson



When the leaves dance, and
A new wind blows:
When the birds sing and
A new song is composed:
When deep within the rivers of
my soul
I begin to hear the approaching
sea,
I pause and bask in sweet unity.
I cannot bear to see
The unshakeable connection to
Everything around me.

I can Be a PaL

Kristen Smith

I can Be PaL SMILING aT you
I can Be a PaL when you
 FEEL BLUE
I can Be a PaL WHO IS
 Honest and KIND
I can Be a PaL when you are
 in a BIND
I can Be a PaL BY saying
 PLEASE and THANK you
I can Be a PaL when no one
 wANTS TO
I can Be a PaL every SINGLE
 DAY
I can Be a PaL, WHAT DO you
 say.



Try this: I can be a Poet! You can write your own poem about your feelings and mindfulness. It does not need to rhyme, but can if you want to try. Start with a feeling, a mood or activity you have in your mind. Jot it down and think about words that are associated with that feeling/activity. There you go! You have started your own poem.