



Safety Awareness & Poetry Resource

With Alison Cope and Kurly McGeachie

Quick Introduction

This safety awareness poetry resource features two leading consultants in anti-youth violence and creative writing. Their short videos are useful guides for keeping safe and support the writing tasks that follow. Watching their short videos is advised.



Alison Cope is an anti-youth violence campaigner who has spoken to hundreds of thousands of young people, helping them understand the importance of making positive choices.

Watch Alison's short video about keeping safe by clicking on the link or scanning here:

<https://youtu.be/GR2M5Y2cz6g>



Kurly McGeachie is a poet and workshop facilitator and works with schools throughout the UK to help build literacy confidence. Kurly will help you through the poetry/rapping tasks in this resource.

Click on the link or scan here to watch Kurly's video:

<https://youtu.be/dGLgXj3v4CQ>



Angry Words! How do you feel?

When we're calm we can make better choices. Sometimes we can feel a bit heated, annoyed and angry. Expressing how we feel can help us feel calmer. Here is a temperature scale of emotions, useful words to use to help us out during these moments.

I am feeling...

10. *Rage, explosive*

9. *Ballistic, kicking off*

8. *Livid, seething, hateful*

7. *Furious, fuming, very angry, vexed*

6. *Angry*

5. *Mad*

4. *Heated, distressed, hurt*

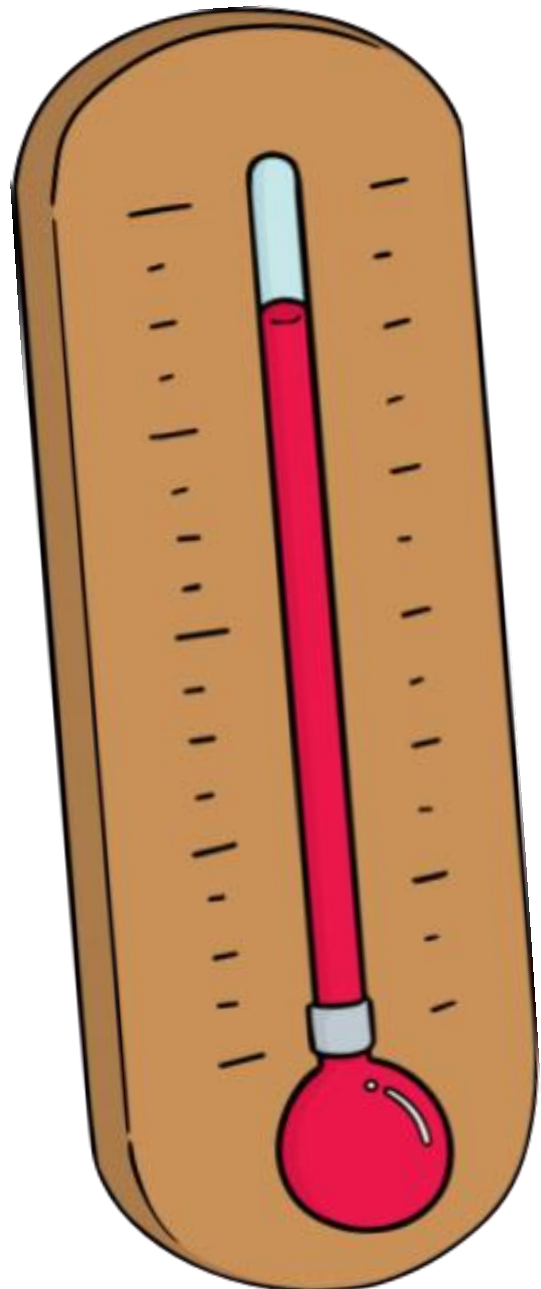
3. *Upset, sad, let down, peeved*

2. *Worried, nervous, misunderstood*

1. *Concerned, annoyed, irritated*

0 *Relaxed, fine, nice, calm, normal*

-1 *Cool, chilled*



Emotions Poem!

Some people say that I'm strong **willed**
They think I'm cool because I'm so **chilled**

Being rude is something to **avoid**
Show respect or I might get **annoyed**

Her hair looks 'sick' which means 'really **good**'
But I was worried of being **misunderstood**

I ran for the ball and fell in the **dirt**
When my mates laughed I felt kind of **hurt**

When my bedroom is in a **mess**
I can't find my phone and feel **distress**

Being cruel to animals is really **sad**
It upsets me and makes me feel **mad**

Our planet's pollution is at a bad **stage**
It makes my blood boil into a **rage!**

Sharing feelings helps to build **trust**
What do our feelings say about **us?**

Quick questions for you...

What causes you to feel anger?.....

What makes you feel annoyed?.....

How do you chill out and relax?.....

Create a positive acrostic poem!

Complete an acrostic poem with the following guide. Each line starts with a word beginning with the letters below. For example, **C**hoose love, **H**eady hobbies, **O**pen mind, **I** enjoy sports, **C**reativity is fun, **E**ach of us is special.

C.....

H.....

O.....

I.....

C.....

E.....

Another example:

Calmly,

Helping,

Others,

Increase,

Confidence

Everyday!

Now try writing a SAFETY acrostic poem...

S.....

A.....

F.....

E.....

T.....

Y.....

How about a POSITIVE acrostic poem?

P.....

O.....

S.....

I.....

T.....

I.....

V.....

E.....

A short rhyming poem about keeping safe

*Me and my friends were chatting by **text***

*One said something that made me feel **vexed***

*I said how I felt and had my **say***

*That's when the anger faded **away***

*Instead of being mad I used my **voice***

*That was a really positive **choice***

*I didn't want to fight or get in **trouble***

*The pain for loved ones might be **double***

*I spoke with an adult, calm and **nice***

*They gave me lots of good **advice***

*Respect is there for me and **you***

*Keeping safe is what we **do***

Lets try writing a rhyming poem using some of the words
and ideas on the next page...

Rhyming Rap/Poem - Prep! Mind map of ideas/words & rhyming words

Below are some ideas and rhyming words to do with safety and positive choices. 1st task is to see if you can add a few more ideas and rhyming words below!

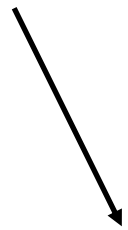


Rhyme Ladder Example

A rhyme ladder helps us structure our rhyming poem.

Two words that rhyme is called a 'rhyming couplet'.

Rhyming couplets go in the rhyme boxes here



We can all make a positive	choice
Instead of fighting use your	voice
	agree
	me
	day
	away
	calm
	harm

Can you complete the sentences for the rhyme ladder above? The first two lines are already done. Aim for at least 5 words in each sentence.

Your 'Safety Awareness' rhyming poem

Pick pairs of rhyming words/rhyming couplets that you like (use the 'Safety and Positive Choices Mind Map' to help). Write your couplets in the rhyme boxes below. Once done write the best sentences you can! Use describing words to help create some great poetry!

Copy your poem down here!

Don't forget to write your name below it, to show that it is your poem.

This poem was written by.....

Bonus task:

To make your poem stand out can you: Perform it aloud? Add beatboxing/actions? Audio record it? Draw pictures/posters? Make a video?

