Think of an important event in your life, then write a poem about the moments just before or just after the event.

Think of a subject that “eats away at you” and write a poem that exaggerates it.

Write about something you love from the perspective of someone who hates it.

Think of something tiny and write about it, making it seem large.

Imagine you are an inanimate object. What is it like?

Write about something that no one else seems ever to have noticed … a time, place or thing, or a common occurrence (like the oil spot on the driveway, water draining in the bathtub, stepping off a bus, etc.)
“I am” Repetition Frame

I am (two special characteristics you have)
I wonder (something you are actually curious about)
I hear (an imaginary sound)
I see (an imaginary sight)
I want (an actual desire)
I am (the first line of the poem repeated)

I pretend (something you actually pretend to do)
I feel (a feeling about something imaginary)
I touch (an imaginary touch)
I worry (something that really bothers you)
I cry (something that makes you very sad)
I am (the first line of the poem repeated)

I understand (something you know is true)
I say (something you believe in)
I dream (something you actually dream about)
I hope (something you actually hope for)
I am (the first line of the poem repeated)

Inspiration (example of “I am” Repetition Frame)

I am inspiring and searching
I wonder where my path may lead me
I hear the practical voices of reason
I see the purpose of controlling wishes
I want to be free
I am inspiring and searching

I pretend to have it all figured out
I feel doubtful and afraid
I touch nothing
I worry I won’t be safe
I cry for the possibilities and people I keep away
I am inspiring and searching

I understand time passing
I say I am ready to fly
I dream that I am
I hope it won’t hurt much to fall
I am inspiring and searching
ABC
The first letter of each line in the poem spells out the topic

SuperCamp
Standing at registration alone,
Unsure about where I am.
Promises made to come here,
Everyone seems weird.
Replace old ideas with new,
Cement has trapped me in the past.
About to face a new start,
Me and my new friends have courage.
Promises I can keep.

Mil Preguntas by Gary G. Gaffney
Each line is a question addressed to the world

Why is hating so easy and loving so hard?
Why is leaving so easy and staying so hard?
Why seek integrity when celebrity is enough?
Why seek depth when superficiality is enough?
Why seek?
Is being a hero worth the effort?

You, Me, Them, Us, You, Me Frame
Another pattern that a lot of different poems can fit into

You – So committed, so present, so tuned in to who I am. I’m scared that you won’t be there when I change.
Me – Unclear, confused, struggling between what is really going on in me and what needs to happen to strengthen our relationship.
Them – Judging, questioning, watching—or that’s what I imagine.
Us – To start fresh with you and stay committed. Can we?
You – Solid and sure foundations for the future.
Me – Wanting it all, counting the cost, again.