



A Creative Recipe for Feeling Your Best

with Katie Watson



Writing exercise: A Creative Recipe for Feeling Your Best

By Katie Watson

What makes you feel good? It's rarely just one thing – it's usually a mix of different elements combined together. Kind of like a good recipe. This resource invites you to assemble your own personal 'recipe' for feeling your best, using creative writing to express yourself. This exercise is suitable for beginners, as well as those who like to write in their own time, as it uses a form (recipe) that most of us are hopefully familiar with. It also reminds us that we can find inspiration and fresh ideas for our writing in unexpected places!

Instructions

Take a blank piece of A4 paper and divide your page into 3 columns. If you want to, you can print the template below or use your own materials.

1. In your **first column**, list as many **verbs** that you can think of that are associated with cooking and baking. These are words in a recipe that tell us to do something. Try to aim for a minimum of 10-15 verbs. The more you can think of, the better, as you'll have more words to choose from for your poem.

To help you get started, or if you need some inspiration, find a recipe book at home and go on a hunt for some interesting verbs. Collect as many as you can, even if you might not use them all. Or, if you have access to the internet, look up recipes for your favourite meals online and make a note of all the verbs that you come across.

If you want to make this exercise a bit more challenging, try to find some more obscure verbs that you aren't so familiar with.

2. In your **second column**, make a list of the **measurements** that are typically used in a recipe. Remember that measurements in a recipe indicate volume, quantity and time. Examples: teaspoon, tablespoon, cup, 10 minutes, 1 hour, a pinch or two. There are some suggestions on the template below to get you going but try to add some more of your own. This will help you to create a recipe poem that's more personal to you. The things that help us to feel our best do not always need to come in large quantities! To feel your best, you might need a little of something, and a lot more of something else.

3. Finally, in your **third column**, begin now to make a list of anything and everything that helps you to feel your best. **Remember, there is no right or wrong way to approach this as your list will be entirely unique and different from someone**
4. **else's**. Try to find a diversity of items for your list to make your poem more interesting and dynamic. Your list could contain any of the following:
 - Physical activities (singing, sport, writing, drawing etc.)
 - Places or locations (real or imagined)
 - People or characters (real or imagined)
 - Treasured objects or possessions
 - Special interests
 - Sensations (certain tastes, smells, textures or sounds)
 - Feelings and emotions

If it contributes to you feeling good and strong in your body and mind, then it can go on the list!

5. Now it's time to write your recipe poem. A typical recipe usually has the following structure:

Title
Prep time
Cook time
A list of essential ingredients
Method/steps
How to serve

You can write your poem in this format, or you can just do your own thing. And don't forget that most great recipes usually contain **a secret ingredient**. What might yours be?

As you're writing, try to use a good combination of items from each of your three columns.

A very simple example of a recipe poem

A Recipe for Joy by Amy Ludwig

"One cat.

One cup of cinnamon tea.

One snowy day.

One bird-filled tree.

One song in my head.

One friend at my door.

How could I want more?"

Sharing your poem and bringing it to life

You might like to share your poem with a trusted friend, sibling, parent or teacher, to help them understand what helps you feel your best. Even better, you might want to pick something from your 'list of ingredients' when you're next feeling low, overwhelmed or frustrated, or simply in need of a boost!

Changing the theme

This is a versatile writing exercise that can be used to create poetry on other themes that are important to you or that you find interesting. Try writing another recipe poem, repeating the steps above, but instead of the focus being on what helps you feel your best, select a different theme. For example, you could write a recipe for equality; a recipe for a good friend; a recipe for surviving GCSE exams. There are no limits!



Printable template

Column 1: Verbs associated with cooking & baking	Column 2: Measurements used in recipes	Column 3: Things that help me to feel my best
<p><i>e.g. fry, stir, slice, chop, grate, pour.</i></p>	<p><i>e.g. teaspoon, tablespoon, cup, 10 minutes.</i></p>	

