



Facilitator Instructions: Poetry

'If freedom is a room' with Imtiaz Dharker

There are points in the video where the facilitator should pause the video in order to allow for thinking time, a short discussion or a writing exercise.

Pauses should take place at the times stated below:

07:20

Exercise: Write around the walls of the box you have drawn

Duration: 5 mins

Details: Take a piece of paper and write at the top, 'if freedom is a room', then draw a box – a big square – and begin to think. The lines you have drawn are the walls of your room – what if freedom is in that room?

Write sentences along the walls. Tell your reader about the walls:

- What are the walls made of?
- What do the walls feel and look like?
- Are the walls really there at all?

Carry on the following sentence:

'If freedom is a room, its walls are...'

08:40

Exercise: Write in the middle of the box a memory from your own life when you either felt free or not free

Duration: 5 mins

Details: Imagine yourself in the middle of the square. Close your eyes. Remember a time in your own life when you had a strong sensation, either of being free or not feeling free at all. Write this memory in the middle of your square as the core of your poem. You can write more than a sentence this time.

Remember: The power of your writing is in the detail. Tell your reader about your personal memory of that freedom or constriction in the middle of the room:

- What did your memory feel like?
- What sounds and smells did you associate with it?





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09:16

Exercise: Write outside the box what it is like to be outside the walls

Duration: 5 mins

Details:

Outside the walls, open a door, throw open the windows and get out of the room. Tell your reader what's outside your room:

- What do you hear?
- What does it smell like or taste like?

Write these sentences outside the box.

10:22

Exercise: Write the first stanza of your poem about the walls of the room

Duration: 5 mins

11:04

Exercise: Write the second stanza about the feeling of being free or of being constricted

Duration: 5 mins

12:17

Exercise: Write the third stanza about the feeling of being outside the walls

Duration: 5 mins

13:13

Exercise: Cut out the unnecessary parts of your poem

Duration: 5 mins

16:47

Exercise: Read your poem out loud

Duration: 5 mins

17:32

Exercise: Discuss the homework assignment – see resource pack for more details.

Duration: 2-5 mins

