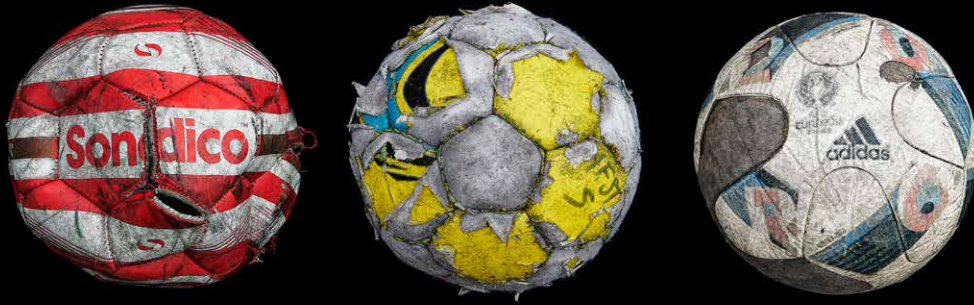


SOUTHBANK CENTRE

Art Post



Kick-Off Time, Perfect Rhyme



Philharmonia



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Welcome to Art by Post. In these free booklets artists will guide you through poetry and visual arts activities inspired by our art collection and artistic programme. We hope taking part will spark your imagination, keep your mind active and help you stay connected to others. Details of how you can share your ideas and responses with us are at the back of the booklet.

This booklet's guest artists are Joseph Coelho and Rob White



Joseph Coelho is a multi-award winning children's author and poet. His debut children's collection, *Werewolf Club Rules*, was the winner of the CLPE Poetry Award. His poetry collection *Overheard In A Tower Block* went on to numerous long and short-listings including the Carnegie Medal.

Rob White is a photographer and reminiscence therapy practitioner based in London. Both as a spectator and player, he is a self-confessed sports enthusiast. Over the past four years, Rob has delivered a series of creative programmes aimed at helping people to connect using the positive power of sport.



Sport can mean many things to many people. To some, it's all about the love of watching a game, be it football, basketball or even chess. To others it might be running a marathon, climbing a mountain, or walking to the local shops. Think about activities you have done on holiday like swimming, skiing, walking on the beach or even playing frisbee with the dog.



1

Creating a sporting word bank

Write a list of words inspired by a sporting memory.

This could be taking part in school sports day, learning to swim, watching sport on TV, or listening to a sporting event on the radio. Try to conjure up a vivid picture in your mind.

Here are some examples:

Football • freshly cut grass • hotdogs • liniment • burgers
cheering • shouts • boos • the smell of popcorn • chlorine in a pool
sweat • mud • clapping hands • the peep of a whistle
wet swimming costume • bovril • half-time oranges

Keep your list nearby. You might want to use some of your words in the later exercises.



2

Creating a poem using your five senses

Write a poem inspired by sport.

Remember that for you, sport might be a stroll, a game of chess or taking the stairs instead of the lift. It could make you think of the sound of a cricket ball or football studs on the concrete. Look in your word bank from Activity 1 for more inspiration.

To help your imagination flow, try these sentence openers.

I felt... I tasted... I saw... I smelled... I heard...

The air is cold.

My legs feel heavy underneath me.

My lungs heave against the biting air.

**I plod along the seafront
and taste the salt on the air.**

My heart races in my chest.

I hear my breaths rasping short and quick.



My last sporting activity was going for a run...

3

Creating a four-minute poem

Poetry, like sport, is playful. Try writing a poem in four minutes about something sports-related. For example, it could be about a sports personality being interviewed. Muhammed Ali, who was one of the world's greatest heavyweight boxers, once said:

**'I done tussled with a whale...
Only last week I murdered a rock,
Injured a stone, hospitalised a brick.
I'm so mean I make medicine sick.'**

You could write a haiku poem.

A haiku has three lines, with:

Five syllables in the first line

(A syllable is just the number of different sounds in a word.

'Assembly' has three syllables: As - sem - bly)

Seven syllables in the second

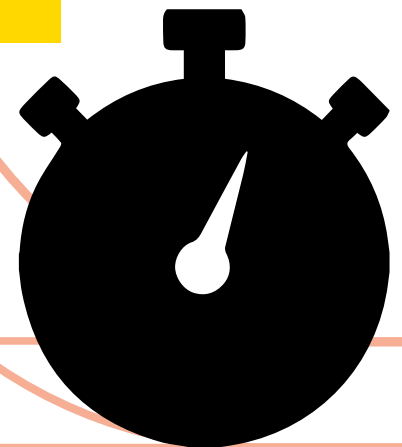
Five syllables in the third

Here's a haiku inspired by Ali's quote:

**'I murdered a rock
Wrestled an alligator
Tussled with a whale.'**

Write your poem on the running track below.

**Set your timer.
ON YOUR MARKS
GET SET
GO!**



1	
2	
3	

**'The footba
is a moon'**

This is a metaph
Saying one thing
something else



4

Creating a picture poem

You need: tracing paper, a pen.

Look at the photograph of the football. How did the ball get there? How long has it been there? Who did it used to belong to?

Write a poem about this ball that uses poetic devices.

Poetic devices have fancy names but are really very simple. There are some examples here in the black shapes.

Once you've finished, put your tracing paper on top of the photograph. Write your poem out again, onto the tracing paper. Bend your sentences to follow the curves of the ball. Can you make your poem fit the shape of the ball? Maybe you'll write your poem in a spiral inside the ball or around it.

There's no right or wrong – just have fun.

'The crowd boomed'

This is onomatopoeia: Using sound words. These refer to a sounds like 'creak', 'bang', or 'boom'

'The netball grinned in my hands.'

This is personification: Describing a thing as if it were a person.



Rob created the image on the front cover, and he has taken many photos of abandoned balls. See if you notice any next time you're out or if you can see any outside of your window. Perhaps you could photograph them too.

We'd love to see your designs and hear your ideas.

The Southbank Centre is the UK's largest art centre, and once we reopen our venues, we hope to create an exhibition of your work. If you'd like to send us a copy of what you've created, please post us your artwork in an envelope and address to Freepost SOUTHBANK CENTRE.

No stamp needed <input type="checkbox"/>
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Make sure you write your name and address on the back. We will do our best to send it back to you after we've made a copy (but we may not always be able to).

Or you could email artbypost@southbankcentre.co.uk to share your artwork with us.

By sending us your artwork you agree to being included in our exhibition when we reopen.

If you can't send us your work by post or email, please arrange for somebody else to send your work to us, or you can tell us about your artwork by phone, on **020 7960 4206**.

You're welcome to get in touch to let us know what you think of this booklet, ask questions, give feedback or opt out of the project at any time.

Contact us

By phone: 020 7960 4206

By email: artbypost@southbankcentre.co.uk

By post: Freepost SOUTHBANK CENTRE