

# STAMP

## Postcards of Positivity

**Stamp** is a new creative opportunity for everyone to get involved in, inviting people to post postcards filled with pictures and poems of positivity. Postcards can be sent to a friend or family member you are currently separated from and returned to the Coliseum to share with Oldham's communities.

OLDHAM  
**Coliseum**  
THEATRE

*Send your completed postcard to:*

*Oldham Coliseum*

*Fairbottom Street*

*Oldham*

*OL1 3SW*

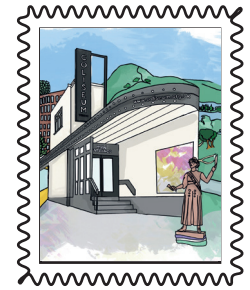
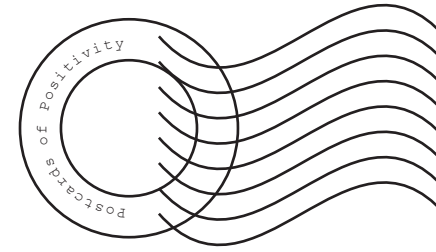
# ARTWORK

We want you to create your own artwork for the front of your postcards.

What pictures come to mind when you think of the following words: **Connection, Joy, Togetherness, Positivity, Love**

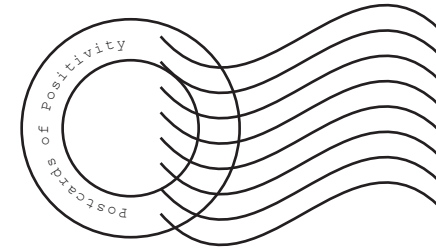
You can use the paint, pencils and coloured paper to create anything that comes to your mind. Or you can use anything else you might have in your house. You might make a picture of something that makes you happy, a collection of words, patterns and colours that bring you joy. What can you create?

When you are done, write your poems on the back of the postcard, place them in the stamped address envelope, and pop them in the postbox when you are getting some fresh air - we can't wait to see your postcards.



Don't forget to put your artwork on  
the front of your postcard!

# POETRY



In this activity pack, we have a range of different poetry exercises for you to create some poems for the back of your postcards. They are rated 1\* to 5\* for the challenge of the exercise - we encourage you to give them all a go.

You can do each task in order, taking your ideas further. Or you can do the exercises as a standalone.

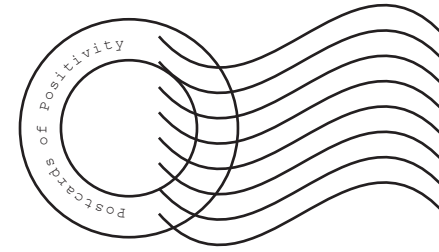
The theme for the poems is **Connection**.

These poetry exercises have been created by award winning poet **Nasima Begum** aka **Nasima Bee**.

*Don't forget to write your poem on  
the back of your postcard!*

# ACTIVITY 1:

## Creative Word Bank \*



A Word Bank is a collection of words that are listed with a theme in mind.

How many words can you think of to do with our theme: Connection?

Spend five minutes and write them in the Word Bank below. We've given you a few examples to get you started.

Togetherness

Joy

People

# ACTIVITY 2:

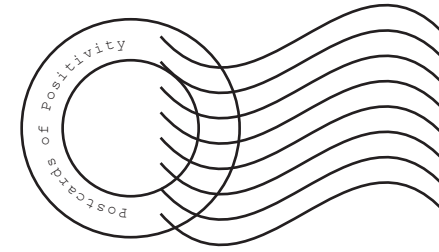
## Acrostic Poem \*

In an Acrostic Poem the first letter of each line spells out a word.

Can you make a poem out of the word connection?

Try and create some more Acrostic Poems using some of the words in your Creative Word Bank.

**Write your poem on the back of your postcard and send it to Oldham Coliseum in the envelope provided.**



C - \_\_\_\_\_

O - \_\_\_\_\_

N - \_\_\_\_\_

N - \_\_\_\_\_

E - \_\_\_\_\_

C - \_\_\_\_\_

T - \_\_\_\_\_

I - \_\_\_\_\_

O - \_\_\_\_\_

N - \_\_\_\_\_

# ACTIVITY 3:

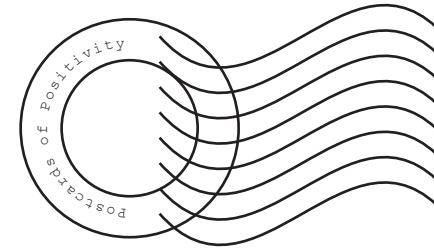
## Repetition Poem \*

A Repetition Poem uses repeated phrases or lines  
bring the reader's attention to a specific theme

Can you finish these lines to create a repetition  
poem?

Try and create some more repetition poems using  
some of the words in your Creative Word Bank.

**Write your poem on the back of your postcard and send it to  
Oldham Coliseum in the envelope provided.**



Connection is ...

Connection is ...

Connection is ...

Connection is ...

Why not complete these lines to add to your poem:

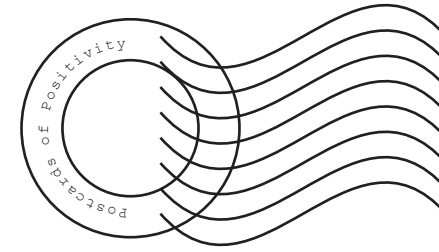
Connection feels like:

Connection smells like:

Connection sounds like:

# ACTIVITY 4:

## Freewrite \*\*



A Freewrite is a writing exercise that encourages writers to continually scribble without taking pen off paper. There is no wrong way to Freewrite - it helps to record a continuous trail of thought to get your imagination going and creative juices flowing.

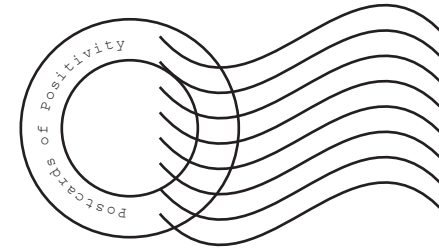
If you don't know what to write, feel free to write just that, or you can even draw or doodle.

If you want, you can use this phrase to help you start: 'The joy in connection is...' or, you can use some of the words in the Creative Word Bank to help you if you get stuck.

Do this for eight to ten minutes and see what you come up with. Have a try!

# ACTIVITY 4:

Freewrite \*\*



Continue Freewriting here ...

Is there anything interesting in your Freewrite? Anything you could expand on? (Have a look at the Rhyming Couplet exercise).

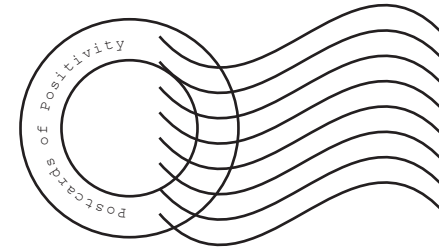
Anything you would like to share on your postcard?

**You could use some ideas from your Freewrite on the back of your postcard and send it to Oldham Coliseum in the envelope provided.**



# ACTIVITY 5:

## Rhyming Couplets \*\*\*



A Rhyming Couplet is a couple of lines that are usually about the same length that also rhyme.

Here is an example of a famous Rhyming Couplet you might know from Shakespeare's *Macbeth*:

“Double, double, toil and trouble, (A)

Fire burn and cauldron bubble” (A)

Each line has eight syllables. A syllable is a beat per word. The words ‘double’, ‘trouble’, ‘fire’, ‘cauldron’, and ‘bubble’ have two syllables. Say it out loud counting the syllables:

“Doub / le, / doub / le, / toil / and / troub / le,

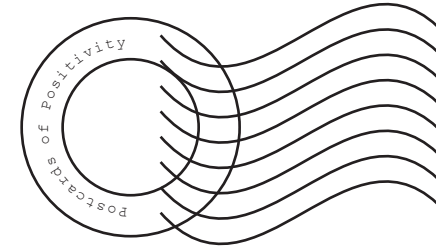
Fi / re / burn / and / caul / dron / bub / ble”

Try using a phrase from your Freewrite to help you spark something off. Or use some of the words from your Creative Word Bank.

**You could write the Rhyming Couplet you create on the back of your postcard and send it to Oldham Coliseum in the envelope provided.**

# ACTIVITY 6:

## Lined Verse \*\*\*\*



A Four-Lined Verse is four lines as a stanza. The Four-Lined Verse can be a free form of writing deduced to four lines, rhyming couplets, or an alternate rhyming structure.

An alternate rhyming structure is two rhyming couplets using alternate rhyme. A familiar example of this is the nursery rhyme *Mary Had A Little Lamb*:

“Mary had a little lamb, (A - seven syllables)  
It’s fleece as white as snow. (B - six syllables)  
Everywhere that Mary went, (A - seven syllables)  
The lamb was sure to go.” (B - six syllables)

In each couplet of this verse, there is an alternate rhyme scheme.

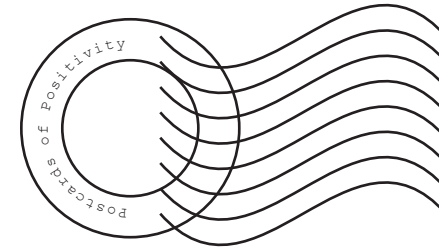
Line one is seven syllables (A), line two is six syllables (B). Simultaneously, line three is seven syllables (A), and line four is six syllables (B).

Thinking about the theme of Connection, try creating your own Four-Lined Verse. You can use some of the words or phrases you have already written in previous tasks, or come up with something new. Remember you don’t need to use alternate rhyme, but see if you can challenge yourself.

**You could write your Four-Lined Verse on the back of your postcard and send it to Oldham Coliseum in the envelope provided.**

# ACTIVITY 7:

Haiku \* \* \* \* \*



A Haiku is a short form of poetry that originates from Japan.

The form is three lines and the syllable count per line is five, seven and five.

Here is an example of a Haiku on the theme of Connection:

Connecting is like,  
Friendship formed as the rain falls,  
Together we'll rise.

Try forming your own Haiku using some of the ideas you have written from the other tasks. Or you can come up with ideas now for your Haiku, remember the themes are Connection and Positivity.

**You could write your Haiku on the back of your postcard and send it to Oldham Coliseum in the envelope provided.**

# OLDHAM Coliseum THEATRE

Nasima Begum (aka Nasima Bee on stage) is a performance poet, producer and creative practitioner. Her most notable performances include Manchester Literature Festival, British Council's BritLitBerlin conference and BBC's Contains Strong Language and she has taught poetry with young people nationally and internationally through various projects.

 oldhamcoliseumtheatre

 oldhamcoliseum

 oldhamcoliseum

Oldham Coliseum Theatre is a Registered Charity, no 508829  
Oldham ColiseumTheatre Ltd Reg no. 1415547. VAT no. 233 7213-39

Oldham Coliseum Theatre gratefully receives funding from:



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY



**2021  
Organisation  
Member**

Theatre illustration (in stamp) by Rose Sergent - rosenrantzzz.com.