

Pedal for Poetry

Taking poetry on a unique ride

Writing Projects

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Pedal for Poetry

In this writing project, we will explore how poetry can carve a special meaning in your heart.

As you take a bicycle ride, I invite you to experience the world around you. The birds, the clouds, the trees, city or country life, and even the wind that tickles your skin.

Pedal for Poetry invites you to connect inspiration with your wheeled journey. Get ready to pack this booklet, a journal book and pen, or use your phone to immerse yourself in this experience.

In this writing project booklet, we'll cover:

- What poetry is
- Why we write poetry
- How to create poetry that leaves a lasting impression on you while you are on your bicycle excursion

Are you ready to take that unique ride? Let's propel those words forward.



Author & Founder
Red Bicycle Books, LLC

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Poetry is when an
emotion has found
its thought and the
thought has found
words.

- Robert Frost

What is poetry?

Poetry is an artful literary written expression composed in the form of stanzas or verses.

A vehicle used to analyze feelings, emotions, passions, and thoughts, poetry can help us derive meaning from the world within and around us, in a striking way.

While you may have read poetry that rhymes, the possibilities are endless. Open your mind and allow the words to flow in a steady and natural progression.

Whether poetry makes
your heart beat slow or
fast, have it beat with
meaning.



Why write poetry?

Like journaling, poetry is a method we can use as an extension of exploring ourselves and the world around us in written form.

Poetry is a great tool to use our imagination, formulate ideas and beliefs which helps us derive special meaning, purpose, and pleasure for each of us in a unique way.

When writing poetry, keep in mind words do not have to be flowery, showy, or pertain to a specific emotion or feeling such as love, it only has to derive meaning and significance for you.

“Poetry is an echo, asking a shadow to dance.”

-Carl Sandburg



Types of Poetry

There are many types of poetry you can read and write. We will cover four popular types with examples I created to get you thinking.

Acrostic. Acrostic poems arrange letters to spell out a word or phrase. They are typically read vertically.

The
Hours
Rendered
Is
Victory
Everlasting

As you can see, the word **thrive** is written vertically. Some poets create acrostic poems using names for example. Notable acrostic poets include Sir John Davies and Edgar Allen Poe.

Haiku. This short poem consists of a unique patterned layout: a five-syllable line followed by a seven-syllable line followed by a five-syllable line.

Spring is renewal
Buds and leaves bloom heavenly
Peace is found within

Haiku originated in Japanese literature during the 17th century. Notable haiku poets include Matsuo Basho, Yosa Buson, and Kobayashi Issa, to name a few.

Types of Poetry

Ode. An ode is a poem that is typically written in a contemplative and reflective fashion. Odes act as an accolade to a person or convey meaning to a place, idea, or thing. Originating in ancient Greece, you may be familiar with odes as a reference to musical accompaniment. For example, Ludwig van Beethoven's "Ode to Joy." Odes vary in length but are typically longer than most other poetic types.

The Bird

Your wings take flight
During the day and at night
Softly gliding over illustrious winds to guide
Spanning in multiple directions, they soar and do not hide
Finding a branch to nestle in a circular dome
To build a nest they call home
Tweeting in the morning air
Their call and feathers, a strike of beauty with flare
In rain, sunshine, and snow
With no inside shelter to go
Splashing around in a puddle
With the mother bird watching over her little ones in a huddle
Soon they will migrate down south
The mother bird feeds from her mouth
The beauty the bird showcases with its feathers
The harshness of the elements it weathers.

Types of Poetry

Free Verse. One of the most liberal methods of writing poetry, free verse exercises the natural flow and rhythm of words without a metrical means of creation. In other words, rhyming or using a set number of stanzas or other means of structure is not required.

This makes free verse poetry a good choice to exercise the freedom of word style and progression. Walt Whitman, Emily Dickinson, T.S. Eliot, and Gustave Kahn are only a fraction of free verse poets.

Like A Guiding Light

The sun projects its rays
Direct the light to where you want it to shine in your life
Approach this world with compassion, love, and grace
Find a smile form across your face
Share this smile with everyone around you
So that their inner light will glow
Build your story each day with positive thoughts
And know you have the power to change the course of your life
Finding the passion in your heart
You will lift the spirits of those around you
Like a guiding light from one person to the next
We pass the torch
Better together
Always lifting and building
Truly becoming one light that illuminates the world.

Pedal Poetry-Let's Get Moving!

Now that we've explored a little more about the world of poetry, let's take that dual journey!

Directions

Pack a pen and print a copy of the page below. You can also bring your favorite journal book or phone. Get your bicycle ready and start your destination.

Engage your senses. Explore them as you are riding. What are you feeling at this exact moment? What are your surroundings telling you?

Evoke those feelings into words and find a place to park your bicycle. Start writing. There is no judgment here. Create the harmony between your experience and your words. Let each preceding set of words build a strong foundation for the next.



Take poetry on a special journey

Share your journey and inspiration with us! Take a picture of you with your bicycle and share your poem. Tag us at [@Redbicyclebooks](#) on Instagram.



“

Poetry is a deal of joy
and pain and
wonder, with a dash
of the dictionary.

-Khalil Gibran

Pedal in more ways to find writing inspiration

Writing Projects

Get Your **Author**  **n Today**

Journaling is a great way to exercise both mental and physical muscles to get those creative juice trickling. If you are thinking about starting a journaling routine, make today count! Download 35 journal prompt ideas to get your author on and put your artistic skills to the test.

Need a journal book? Check out our Gift Shop.

J urnal **dles**



Seasonal Scribbles is a free quarterly publication featuring specific journal prompts that invite you to think and write about your personal experiences throughout the course of each season.

With an inspiring message to welcome you each month, the goal is to be carefree, creative, and to find joy in the passion of writing.

Seasonal  **al Scribbles**

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Looking for some additional inspiration? Visit our blog [Cheer Up Whine Down](#).

Cheering for you every day

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