**Found Poem**

A Found Poem is written using words found from a published source. The poet uses the words and arranges them in a poetic way, creating a poem about a different subject entirely. For example, if you read an article on the homeless situation in Vancouver then your Found poem must not be about homelessness.

**Steps:**

1. Highlight words, and phrases that you think sound interesting.
2. Look at the highlighted words and see if you can think of a topic that is forming.
3. Narrow down your list of words and recopy them.
4. Create a poem with those words/phrases. You may add little words like: and, but, is, I etc. You may also change the tense of a word but you may NOT add large words (more than 3 letters).
5. Structure the poem in a poetic format so that it looks like a poem.

**Example:**

Taken from National Geographic, February 1997 –“NYC Sewer Diving”

**In My Head**

Everyone gets scared,

The dark confined space.

The deepest and least accessible layers;

No one turns on a light.

As I stand on the edge

clinging to safety,

the rush

anxiety,

grows to monstrous proportions

“Don’t do this”.

Fear lingered,

Full of secrets.

Slowly the air gets colder

the dark confined space

I am alone…