Pocket Poems™ Card by Janet Wong
Take 5: Poetry Brain Breaks

Poetry can bring comfort and joy, reduce stress, and increase language learning. And it’s fun!

These brain breaks have everything you need to share poetry one-on-one or as a group, in English or Spanish.

Thanks to our friends at Pomelo Books, publishers of The Poetry Friday Anthology for Celebrations and more.

Take a 5-minute poetry brain break!

- Watch the “Pocket Poems™ Card” video read-aloud with your child or students
- Follow along with the poem on Page 2
- Print and share copies of the poem on Pages 3 and 4
- Have fun together with these conversation starters
  - Eat a healthy snack while you listen to the poem. Describe the taste, sound, or texture to one another.
  - Guide students in thinking of more possible rhymes for “eat.” Work together to come up with a new line to rhyme.
  - Take turns reading the poem out loud, stopping before the second word in the rhyming pair. Invite your partner to chime in.
  - Make a quick list of things students have in their pockets. Rocks? Coins? Add opening and closing lines to turn that into a list poem.

Want more?
For more poetry fun, visit PomeloBooks.com.

Get more Healthy at Home Resources at KohlsHealthyAtHome.org | KohlsHealthyAtHome
Try this!
Read the poem aloud with a partner, but stop before saying the second word in the rhyming pair. Invite your friend to chime in.

Try this!
“Eat” is a neat word! Make a list of other words that rhyme with “eat.” Work together to add another line to this poem.

Try this!
Find a short or silly poem you like and put a copy in your pocket. Pull it out to read aloud the next time you are waiting somewhere.

Find more poems from Janet and others at PomeloBooks.com
POCKET POEMS™ CARD
by Janet Wong

Memorizing isn’t hard
with your Pocket Poems™ Card.

Take a card out when you eat.
Read out loud. Again. Repeat.

Your poem will soon be part of you!


Find more poems from Janet and others at PomeloBooks.com
TARJETA DE BOLSILLO
basado en “Pocket Poems™ Card” por Janet Wong

Memorizar es sencillo
con tu tarjeta de bolsillo.
Toma una tarjeta mientras comes.
Léela en voz alta.
Otra vez. Repítela.
Léela. Muerde.
Léela. Mastica.
¡El poema será parte de ti enseguida!

Find more poems from Janet and others at PomeloBooks.com

The Poetry Friday Anthology for Celebrations
150+ holiday poems in English & Spanish

TARJETA DE BOLSILLO
basado en “Pocket Poems™ Card” por Janet Wong

Memorizar es sencillo
con tu tarjeta de bolsillo.
Toma una tarjeta mientras comes.
Léela en voz alta.
Otra vez. Repítela.
Léela. Muerde.
Léela. Mastica.
¡El poema será parte de ti enseguida!

Find more poems from Janet and others at PomeloBooks.com

The Poetry Friday Anthology for Celebrations
150+ holiday poems in English & Spanish

TARJETA DE BOLSILLO
basado en “Pocket Poems™ Card” por Janet Wong

Memorizar es sencillo
con tu tarjeta de bolsillo.
Toma una tarjeta mientras comes.
Léela en voz alta.
Otra vez. Repítela.
Léela. Muerde.
Léela. Mastica.
¡El poema será parte de ti enseguida!

Find more poems from Janet and others at PomeloBooks.com

The Poetry Friday Anthology for Celebrations
150+ holiday poems in English & Spanish