

Winter Counting by Joseph Bruchac

Take 5: Poetry Brain Breaks



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

Our brain breaks have everything you need to share poetry one-on-one or as a group.

Thanks to our friends at [Pomelo Books](#), publishers of The Poetry Friday Anthology for Celebrations and more.

Take a 5-minute poetry brain break!

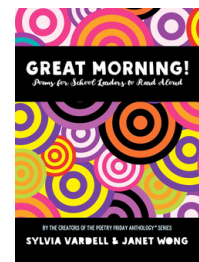
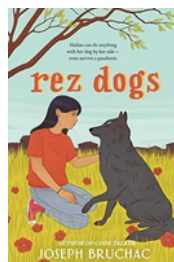
Watch the [video read-aloud](#) with children at home or in your classroom. Follow along with the poem on the next page.

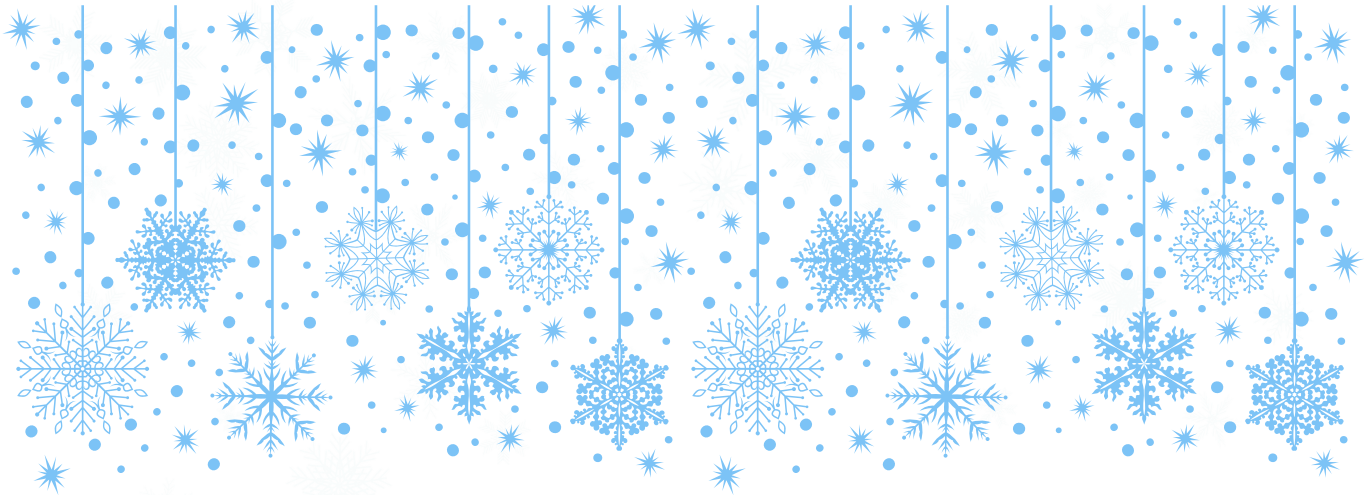
The poet Joseph Bruchac is a proud Nulhegan Abenaki Native American and author of 100+ books for young people. Learn more about National Native American Heritage Month (November) by browsing through the online resources at the [National Museum of the American Indian](#).

Have fun together with the conversation starters and activities included in this packet!

Want more?

For more poetry fun, visit PomeloBooks.com.





Winter Counting

by Joseph Bruchac

How many winters
do you have?
That's how we ask
someone their age.

The snow that fell,
then melted away,
reminds us that
we still are here.

It's easy to count
your age by years.
We think winter counting
is a better way.

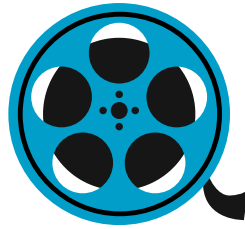
It makes us grateful
for the spring
when every bird
and every flower
welcomes us to
a whole new time.

Then sunshine is
in every heart
and we smile
as we ask each other
how many winters
do you have now?

Find more poems by Joseph Bruchac and others at [PomeloBooks.com](https://www.pomelobooks.com)

Poem © 2015 by Joseph Bruchac from The Poetry Friday Anthology for Celebrations by Sylvia Vardell + Janet Wong

Poetry Brain Break



Watch [the video](#) to hear the poet Joseph Bruchac read his poem aloud.



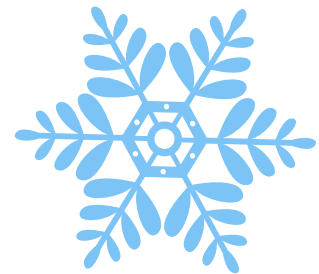
Try this!

Invite children to compare the number of winters they have experienced with the number of years since the dates of their births.



Try this!

Talk with children about the importance of celebrating nature, including snow, sunshine, birds, and flowers – all mentioned in the poem. What else do they notice about nature?



Try this!

Encourage children to try writing a poem about their favorite things about winter where they live. Challenge them to try writing free verse with no rhyming like Joseph Bruchac does in this poem.



Let's make paper snowflakes

With plain white paper and scissors,
we can create simple, paper snowflakes.

Follow the easy step-by-step example in [this video](#):

<https://youtu.be/L4wvgB90dNk>

