

# Beijing Swift Poetry Workshop

## Theme: Hope in Flight

Swifts are extraordinary birds that spend most of their lives flying. They eat, sleep, travel, and even form bonds while in the air. In this workshop we use the swift as a metaphor for creativity: movement, courage, curiosity, and connection.

### **Motto:**

*Everyone can write poetry. Creativity is flight.*

### **Participant Name:**

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## Warm■Up: Thinking Like a Swift

Psychological research on creativity shows that imagination increases when we connect ideas freely, observe our surroundings, and take small creative risks. To begin, reflect on the following questions.

Something small you noticed today:

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A moment that felt hopeful:

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A place you would fly to if you were a swift:

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A risk you took recently (big or small):

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## Activity 1 — The Swift's Senses

Swifts experience the world while flying through wind, light, and sound. Use your senses to imagine what the world looks like from the sky.

I see from above:

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I hear in the wind:

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I feel in the air:

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I smell in the city:

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I sense hope when:

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**Turn your answers into a short poem:**

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## Activity 2 — Migration Poem

Swifts migrate across continents without fear. Imagine you are flying across Beijing and beyond. List moments, images, or feelings you encounter.

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
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**Now write a short poem about the journey:**

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### Activity 3 — The Risk Line

Creativity often begins with risk. Swifts never stay in one place. Write one bold metaphor that connects hope to flight.

Hope is like \_\_\_\_\_

Freedom is like \_\_\_\_\_

Love in the sky feels like \_\_\_\_\_

### Expand your favorite metaphor into a poem:

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### Closing Reflection

What did writing poetry help you notice about hope, creativity, or yourself?

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