

For parents: <https://www.coramlifeeducation.org.uk/scarf-at-home-keeping-happy-and-healthy-during-lockdown-share-your-scarf-special>

We are going to read a poem today all about how a person can see themselves, either in a negative way or a positive way. It is a special poem because it can be read from the top to the bottom and then from the bottom to the top!

PRETTY UGLY

I'M VERY UGLY
SO, DON'T TRY TO CONVINC ME THAT
I AM A VERY BEAUTIFUL PERSON
BECAUSE AT THE END OF THE DAY
I HATE MYSELF IN EVERY SINGLE WAY
AND I'M NOT GOING TO LIE TO MYSELF BY SAYING
THERE IS BEAUTY INSIDE OF ME THAT MATTERS
SO, REST ASSURED I WILL REMIND MYSELF
THAT I AM A WORTHLESS, TERRIBLE PERSON
AND NOTHING YOU SAY WILL MAKE ME BELIEVE
I STILL DESERVE LOVE
BECAUSE NO MATTER WHAT
I AM NOT GOOD ENOUGH TO BE LOVED
AND I AM IN NO POSITION TO BELIEVE THAT
BEAUTY DOES EXIST WITHIN ME
BECAUSE WHENEVER I LOOK IN THE MIRROR,
I ALWAYS THINK
AM I AS UGLY AS PEOPLE SAY?

(NOW READ BOTTOM UP)

You can listen to the poem here: <https://www.coramlifeeducation.org.uk/scarf-at-home-keeping-happy-and-healthy-during-lockdown-share-your-scarf-special>

Retrieval:

- a. What is the title of this poem? Describe the clever word play the poet has chosen.
- b. Find and copy the question which the poem answers in 2 ways.

Vocabulary:

- c. Find 3 negative words. How do these make you feel?
- d. Find 3 positive phrases or words. How do these make you feel?

Inference:

- e. Who is the voice in the poem? How do you know?
- f. How should people try to see themselves? How will this view help their mental health?

