

Steps:

1. Gather a recycled book or newspaper page, a black writing utensil, and a pencil.
2. Read through the text on the page.
3. Find an anchor word that inspires you and circle or box it out with pencil.
4. Continue reading and circling or boxing out words and phrases to create a poem.
5. Black out all other words on the page with the black writing utensil.
6. Optional: Add drawings to complement your poem.