



# R U OK? Day

## Gratitude Poems

### Red Room Poetry

Red Room Poetry inspires students and teachers to create, perform and publish poetry. We enliven experiences with poetry by bringing contemporary poets into classrooms across Australia to run dynamic writing workshops that awaken imaginations and support creative opportunities.

### RUOK? Youth in Nature

This session will explore self expression and connection to nature to promote positive mental health through the vehicle of poetry. During this session, participants will create of individual and group poems, that explore identity and emotion, encouraging self expression and listening.

### Find out more

Website: <https://redroomcompany.org/projects/new-shoots>

Email: [education@redroomcompany.org](mailto:education@redroomcompany.org)



### Kirli Saunders

Kirli Saunders is a proud Yuin woman with ties to the Gundungurra, Gadigal and Biripi people. Kirli is the Manager of Poetic Learning at Red Room Poetry. She was awarded 'Worker of the Year 2017' at the NAIDOC awards in the Illawarra/ Shoalhaven region. Her first children's picture book 'The Incredible Freedom Machines', illustrated by Matt Ottley is to be released in early 2018. Her second picture book 'Our Dreaming' will be released shortly after. Kirli's work has been published in the Huffington Post Australia. She was poet in residence at Bundanon Trust for the New Shoots project in 2017. Kirli's work has also been commissioned for Reconciliation Week Keep Cups and a range of Poetic Learning workshops at Red Room Poetry.



# Gratitude Poems

from Kingsgrove High School and Fairfield High School

## Sean, Year 9

Games,  
My family,  
My friends,  
Food,  
God,  
Nature

## Briyahn, Year 9

Love,  
Family,  
Music,  
Food,  
Entertainment,  
Happiness

## Jordan, Year 7

Freefullness nature,  
Determination deters,  
Dank memes

## Ali H., Year 9

City,  
Family,  
Swimming,  
Basketball  
Friends,  
Cars

## Sarah, Year 9

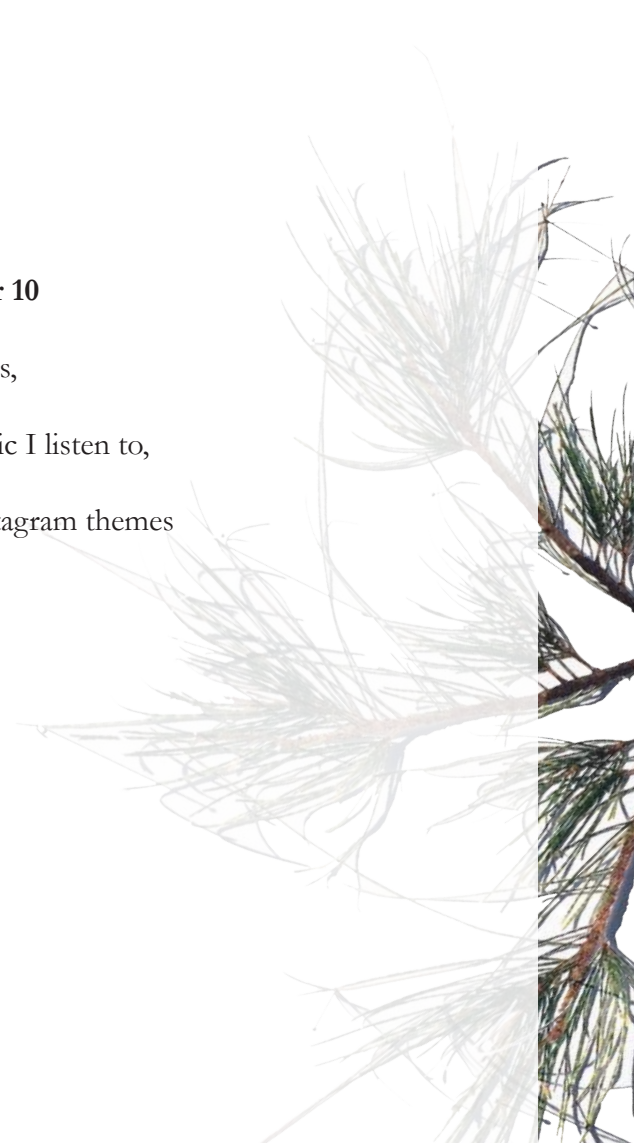
My family,  
My bed,  
Justin Bieber,  
Nature,  
Friends,  
Love

## Lilliann, Year 9

Family,  
parents,  
Christ,  
God,  
Church,  
Singing

## Citiha, Year 10

Wicker wings,  
Black  
and the music I listen to,  
Emily,  
people's Instagram themes





**Mickey H, Year 7**

Life,  
Nature,  
Food,  
Water,  
Health,  
Love

**Sophie, Year 9**

My family,  
Friends,  
God,  
Jesus,  
Music

**Atareta, Year 9**

Clothes,  
Talent,  
Chocolate,  
Oxygen,  
Shoes,  
Parents

**Angeline, Year 10**

Family,  
Education,  
Food,  
My life,  
Friends,  
Vlogs

**Ali K, Year 9**

Big spaces,  
Open fields,  
Massive imagination

**Rami, Year 9**

Family,  
Soccer,  
Friends,  
Cars,  
Fun,  
City

**Celia U, Year 10**


Family,  
Rugby,  
Friends,  
Every food,  
Sunshine,  
Teachers

**Anna Y, Year 9**

Technology,  
Food,  
Friends,  
Family,  
Home,  
Clothes

**Anna-maria, Year 9**

My friends, families and grandparents,  
Aunties, uncles and loves ones.  
God,  
Religion,  
Food,  
House,  
The air





**Chris, Year 10**

Creativity,  
Freedom,  
Art,  
Music,  
Films,  
Life

**Adrian, Year 10**

Music,  
Her,  
The World,  
Parents,  
Everything else

**Colby, Year 9**

People,  
Life,  
Family,  
Friends,  
Education  
Love

**Louis H, Year 9**


Internet,  
Advanced technology life,  
Family,  
Friends,  
Education,  
Food

**Claudia K, Year 7**

Ocean,  
Shelter,  
Air,  
Family  
Pets,  
Friends

**Pedro, Year 10**

My parents,  
My girlfriend,  
My communication,  
My academic skills,  
My brother,  
My experience in life



# Gratitude Poems

from Georges River College (Penshurst Girls Campus) and Roseville College

**Michelle King, Year 10**

Infinite cosmos of maths.  
Science theories.

**Kiama Collis, Year 10**

Sunshine, finally  
Caring friends  
Being outdoors

**Jacqueline McGowan, Year 9**

Love,  
Life,  
Happiness,  
Friendship,  
Family and me.

**Gita, Year 10**

This environment,  
Nature's sounds,  
Beautiful weather,  
Warm spring,  
togetherness and people

**Fenna Kroon, Year 9**

Leaving snap unopened the whole day

**Madi, Year 9**

Green grass,  
Fantastic friends,  
Delightful dogs

**Jess, Year 10**

Dancing, Relationships,  
Maths, Food and Fun

**Liz, Year 10**

Patient friends,  
Making art  
& the cinemas

**Amelie Sounds, Year 9**

Friends,  
Family,  
Love,  
Hope  
And music



**Hilli C, Year 9**

Family,  
Animals,  
Nature,  
Water,  
Food,  
To live in Australia

**Emily Spijrou, Year 9**

Crashing waves,  
Sunny days,  
Sea spray

**Anna, Year 9**

Music that takes you far away

**Heidi Xing, Year 10**

Public education,  
My family and best friend

**Liv, Year 10**

Familiar faces,  
Safe words  
And comforting places

**Erin, Year 9**

To write and share beautiful things