KEEP A HAIKU DIARY FOR ONE WHOLE DAY

A haiku is, generally, a three-line poem whose lines contain five, seven, and five syllables, respectively.

You could compose a poem at every meal, or write one every hour. Pay attention. Be observant. Look for "poem-worthy" things around you.

EXAMPLE:

Fruit loops for breakfast
My milk became a rainbow
I gulped it all down

Bonus activity: 
Illustrate your haikus!

Bonus bonus activity: 
Look up some other poetic forms and keep another poem diary!

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This activity was inspired by Jill Merkle!