Poetry Prompt #3
Due May 31st

Welcome to the #DewMoreInTheHouse youth poetry challenge! We hope that you will share your poem with us.

Rules & Eligibility

1. For 5th-12th graders only
2. Must reside in Baltimore City or surrounding Baltimore County
3. Poem must be original: completely thought up and produced by the youth (5th-12th grader) entering. You can be inspired by another written work, but cannot copy or plagiarize words of another.
4. No profanity
5. We are humbled that you would take the time to share your beautiful and original poem with us, but submissions after the due date are not eligible for a prize. Please look out for other poetry prompts throughout July and submit a new piece for those challenges!
6. If you win 1st place, you must sit out one round before entering again.

How to Enter!

1. Click [here](#) to fill out the registration form and choose “Youth Poetry Challenge (5th-12th Graders ONLY)”. Feel free to also click on the other options if you’re interested in participating.
2. WRITTEN: Submit your poem to [info@dewmorebaltimore.org](mailto:info@dewmorebaltimore.org)

   VIDEO: A) Follow us @dewmorepoetry B) Post it on your Instagram IGTV with #DewMoreInTheHouse.
   C) Be sure to make your page is public for judges on the submission date
3. If you feel comfortable, also post the zip code(s) that you live in. This helps us to continue with our community programs and outreach.
4. All writing or performance styles are welcome! See samples below for ideas.
5. Winners will be announced within 2 days after the due date.
6. If you are a winner, you will be contacted to collect your information to receive your prize.
   Remember: you can win just by entering!
7. Stay tuned to get the next challenges due the 15th and 30th/31st of each month through July 15th.
   Follow us on IG, Facebook for other opportunities.
Thank you for being bold and taking the time to share your work!

**Poetry Challenge Prompt #3 & Description**

Energy cannot be created nor destroyed, it is only transferred from one thing to the next. You feel energy every day inside of you but you must be aware of this energy to define and

So, with that being said...

**What have you learned about yourself recently?**

**Questions to ask yourself:**
What haven't you been learning? What are you feeling? Are you aware of how to control these feelings?
Have you been honest with yourself recently? Or have you just been running?
What makes you feel sad? What makes you feel joy? Have you been surrounding yourself with things that bring you joyful energy? Have you been practicing the art of detachment and removing things from your life that are draining this joyful energy and no longer serve you?
Is your joyful energy healthy for you? Is your joyful energy harmful to others?
What do you need in your life to be the best you, you can be, regardless of what anyone else's expectations for you are? What labels have been willingly or unwillingly imposed on you, to make you feel like not the greatest you. What makes you feel trapped? What makes you feel free?
Have you been practicing loving yourself, by protecting and projecting your energy?

**Tools and ideas to help inspire your original poem**

**Poem in relation to this topic:** *These poems can help brainstorm ideas about your new poem.

1. **Self Care** by Brianna Weist

   Self-care is often a very unbeautiful thing.

   *It is making a spreadsheet of your debt and enforcing a morning routine and cooking yourself healthy meals and no longer just running from your problems and calling the distraction a solution.*

   *It is often doing the ugliest thing that you have to do, like sweat through another workout or tell a toxic friend you don’t want to see them anymore or get a second job so you can have a savings account or figure out a way to accept yourself so that you’re not constantly exhausted from trying to be everything, all the time and then needing to take deliberate, mandated breaks from living to do basic things like drop some oil into a bath and read Marie Claire and turn your phone off for the day.*

   *A world in which self-care has to be such a trendy topic is a world that is sick. Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless internal pressure. True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don’t need to regularly escape from.*

   *And that often takes doing the thing you least want to do.*

   *It often means looking your failures and disappointments square in the eye and re-strategizing. It is not satiating your immediate desires. It is letting go. It is choosing new. It is disappointing some people. It is making sacrifices for others. It is living a way that other people won’t, so maybe you can live in a way that other people can’t.*
It is letting yourself be normal. Regular. Unexceptional. It is sometimes having a dirty kitchen and deciding your ultimate goal in life isn’t going to be having abs and keeping up with your fake friends. It is deciding how much of your anxiety comes from not actualizing your latent potential, and how much comes from the way you were being trained to think before you even knew what was happening.

If you find yourself having to regularly indulge in consumer self-care, it’s because you are disconnected from actual self-care, which has very little to do with “treating yourself” and a whole lot do with parenting yourself and making choices for your long-term wellness.

It is no longer using your hectic and unreasonable life as justification for self-sabotage in the form of liquor and procrastination. It is learning how to stop trying to “fix yourself” and start trying to take care of yourself… and maybe finding that taking care lovingly attends to a lot of the problems you were trying to fix in the first place.

It means being the hero of your life, not the victim. It means rewiring what you have until your everyday life isn’t something you need therapy to recover from. It is no longer choosing a life that looks good over a life that feels good. It is giving the hell up on some goals so you can care about others. It is being honest even if that means you aren’t universally liked. It is meeting your own needs so you aren’t anxious and dependent on other people.

It is becoming the person you know you want and are meant to be. Someone who knows that salt baths and chocolate cake are ways to enjoy life – not escape from it.

2. **My Honest Poem** by renowned poet Rudy Francisco, who featured at our 2018 youth poetry festival
   Click [here](#) to see a performance of this poem.

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Manifest & Stay Blessed,

-Grim Jackson