

A red surgical mask is positioned to form the shape of a heart. The mask's two ear loops extend upwards and outwards, meeting at the top to create the upper curve of the heart. The mask itself, with its pleated texture, forms the central body of the heart. The entire graphic is set against a light gray background with a subtle gradient.

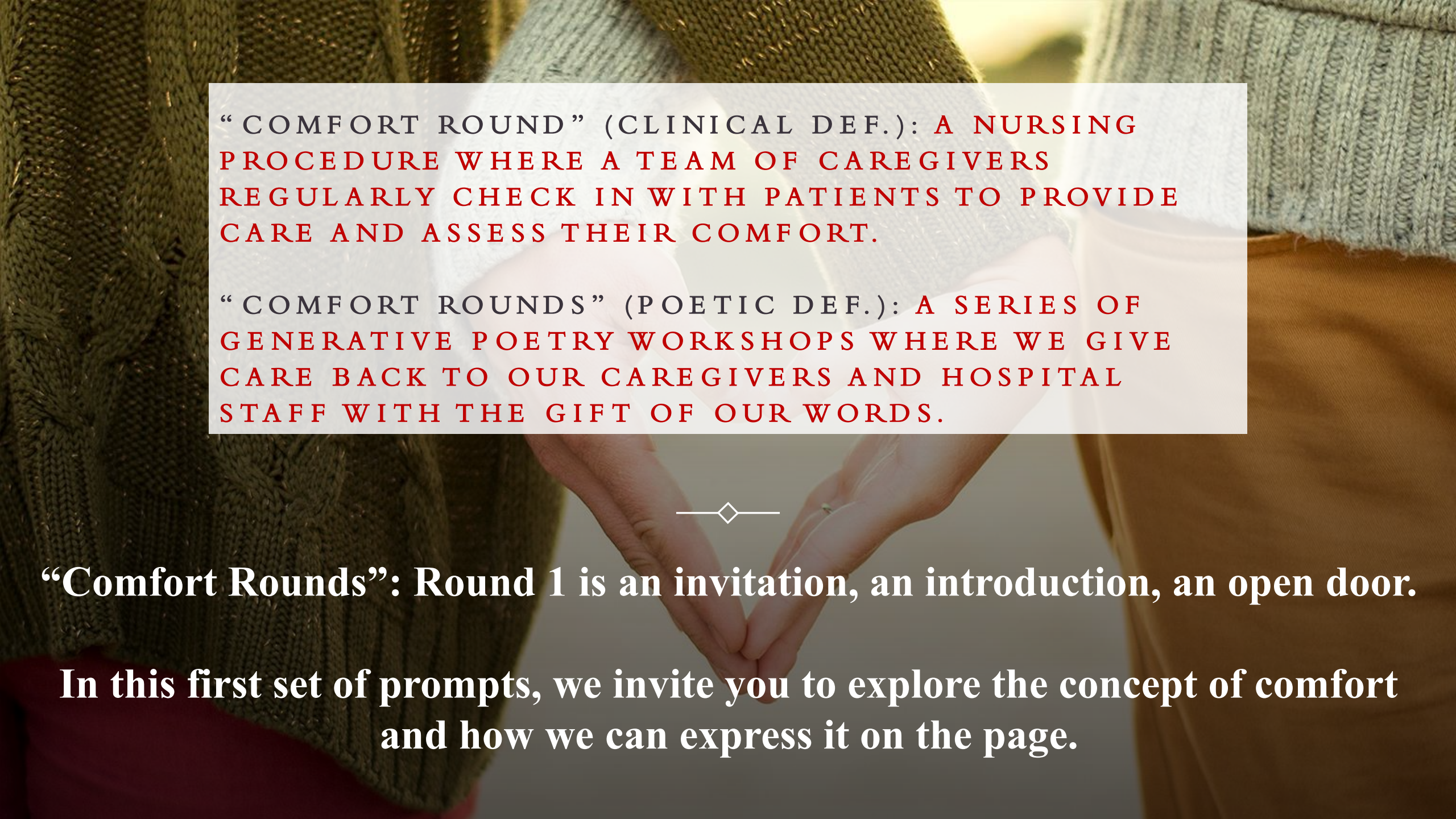
# Comfort Rounds Anthology: PROMPTS



COMFORT ROUNDS –  
ROUND 1:  
“GIVING THE HEART  
A SOFT LANDING”



*“...I am in this world to offer you peace;  
you are in this world to bring me joy.”  
-Thich Nhat Hanh, Interrelationship*



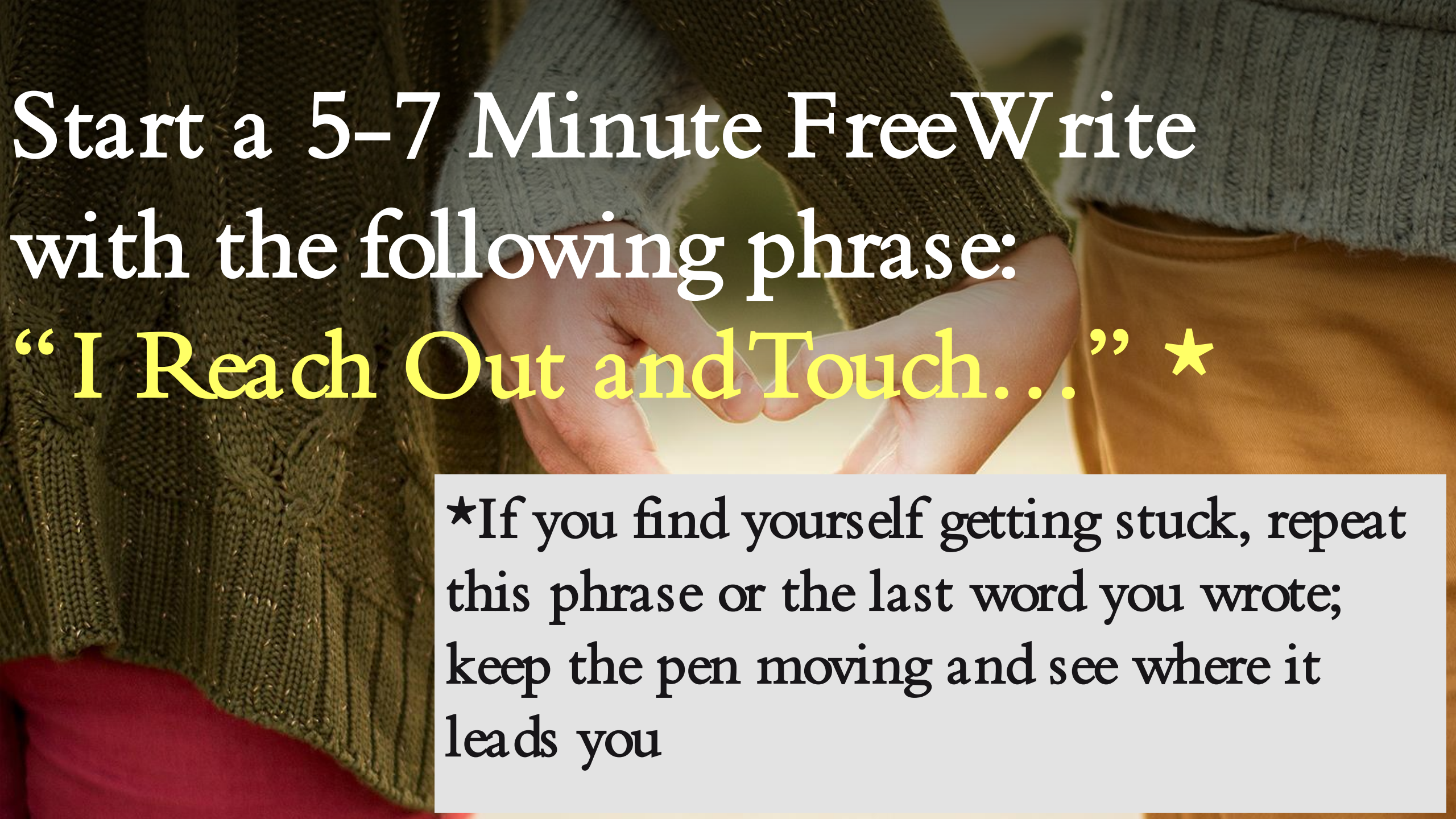
“COMFORT ROUND” (CLINICAL DEF.): A NURSING  
PROCEDURE WHERE A TEAM OF CAREGIVERS  
REGULARLY CHECK IN WITH PATIENTS TO PROVIDE  
CARE AND ASSESS THEIR COMFORT.

“COMFORT ROUNDS” (POETIC DEF.): A SERIES OF  
GENERATIVE POETRY WORKSHOPS WHERE WE GIVE  
CARE BACK TO OUR CAREGIVERS AND HOSPITAL  
STAFF WITH THE GIFT OF OUR WORDS.



**“Comfort Rounds”:** Round 1 is an invitation, an introduction, an open door.

In this first set of prompts, we invite you to explore the concept of comfort  
and how we can express it on the page.

A background image showing two hands, one in a green sweater and one in a grey sweater, gently holding a small green plant seedling in a clear container. The scene is softly lit, suggesting an indoor setting with natural light.

Start a 5–7 Minute FreeWrite  
with the following phrase:

“I Reach Out and Touch...” ★

★If you find yourself getting stuck, repeat this phrase or the last word you wrote; keep the pen moving and see where it leads you

A close-up photograph of two hands, one from a person wearing a dark green cable-knit sweater and the other from a person wearing a grey cable-knit sweater and tan trousers. The hands are clasped together in a supportive, interlocking grip. The background is a soft, out-of-focus outdoor scene with greenery and a bright light source, possibly the sun, creating a warm, golden glow. Overlaid on the image is the text 'Prompt 1: Comfort, Metaphorically Speaking...' in a yellow, serif font.

Prompt 1: Comfort,  
Metaphorically Speaking...

# IF COMFORT...

- Is:
  - an ANIMAL, what would it be?
  - a SEASON, which would it be?
  - a COLOR, what would it be?
  - a FOOD, what would it be?
- Has:
  - a TEXTURE, what would it feel like?
  - a SCENT, what would it smell like?

## PROMPT:

With these questions in mind, paint a picture of Comfort using as few or as many of your answers as you would like

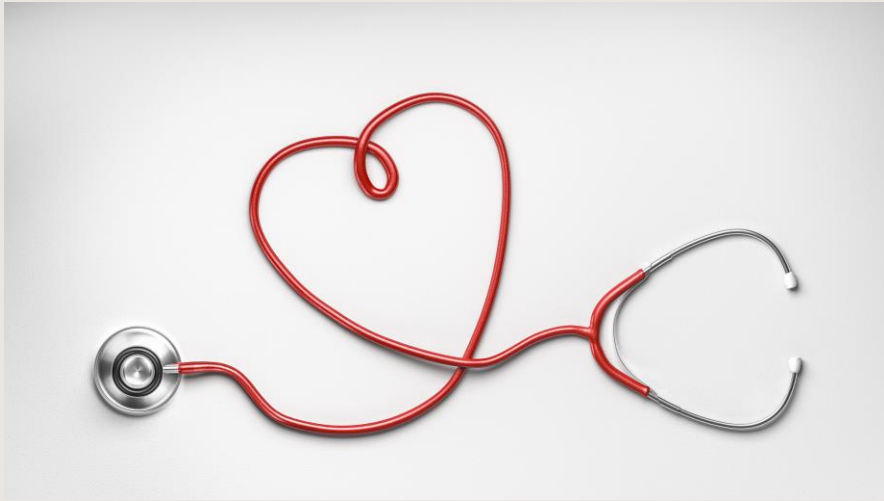
# Prompt 2: Comfort Speaks...



A close-up photograph of two hands, one from a person wearing a dark green cable-knit sweater and the other from a person wearing a grey cable-knit sweater and tan pants. The hands are positioned to form a heart shape with their fingers. The background is a soft, out-of-focus landscape with a warm, golden light, suggesting a sunset or sunrise.

# IF COMFORT ...

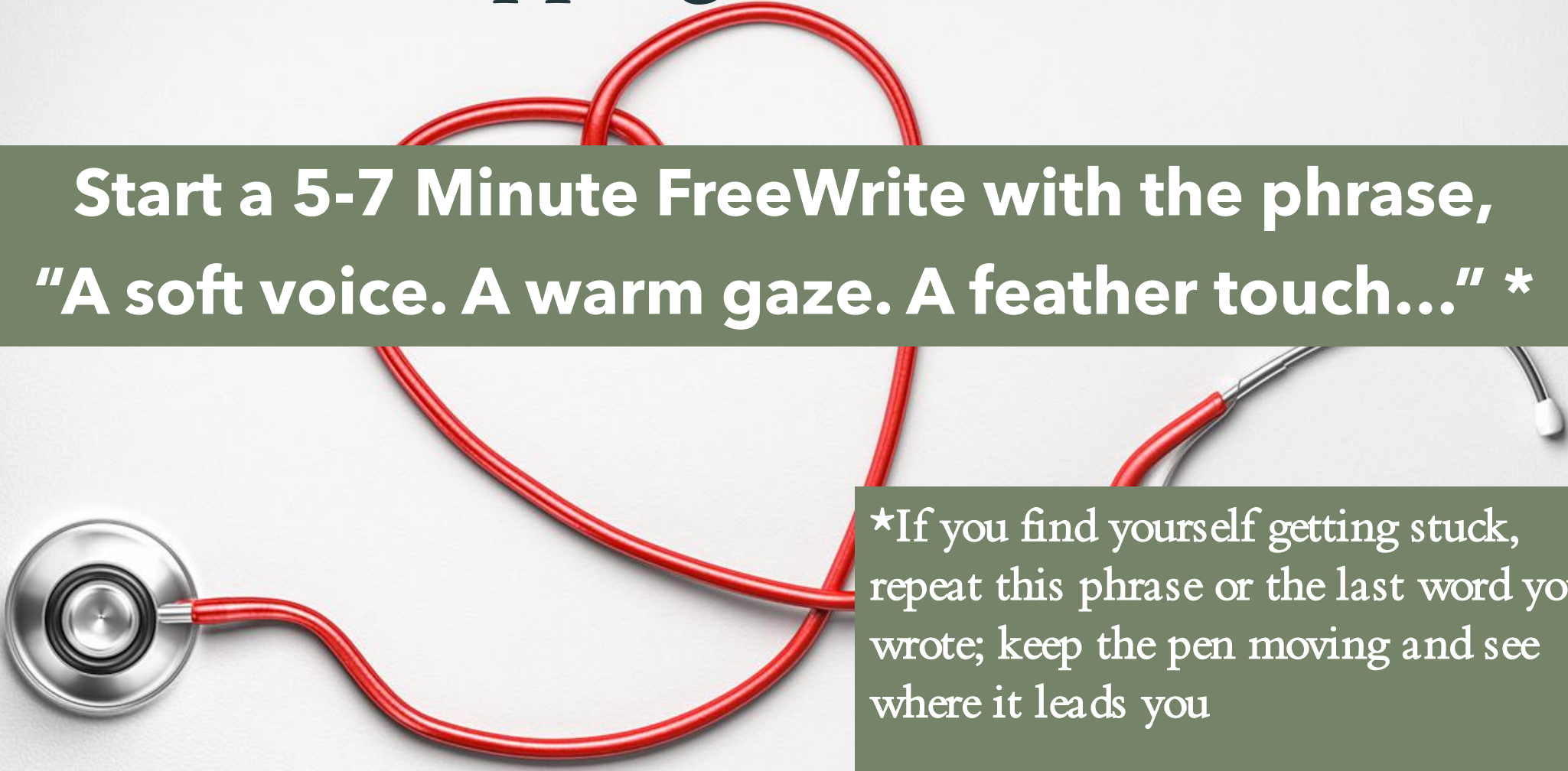
- Has a VOICE:
  - What would it SOUND like?
  - What would it SAY?



## Comfort Rounds: Round 2 – “Portraits Of Kindness”

**Set up your easel, lay out your brushes, and fill your metaphorical palette; this series of prompts plays with painting on the canvas of the mind.**

# Prepping The Canvas



**Start a 5-7 Minute FreeWrite with the phrase,  
"A soft voice. A warm gaze. A feather touch..." \***

**\*If you find yourself getting stuck,  
repeat this phrase or the last word you  
wrote; keep the pen moving and see  
where it leads you**

# PROMPT 1: Setting The Scene...



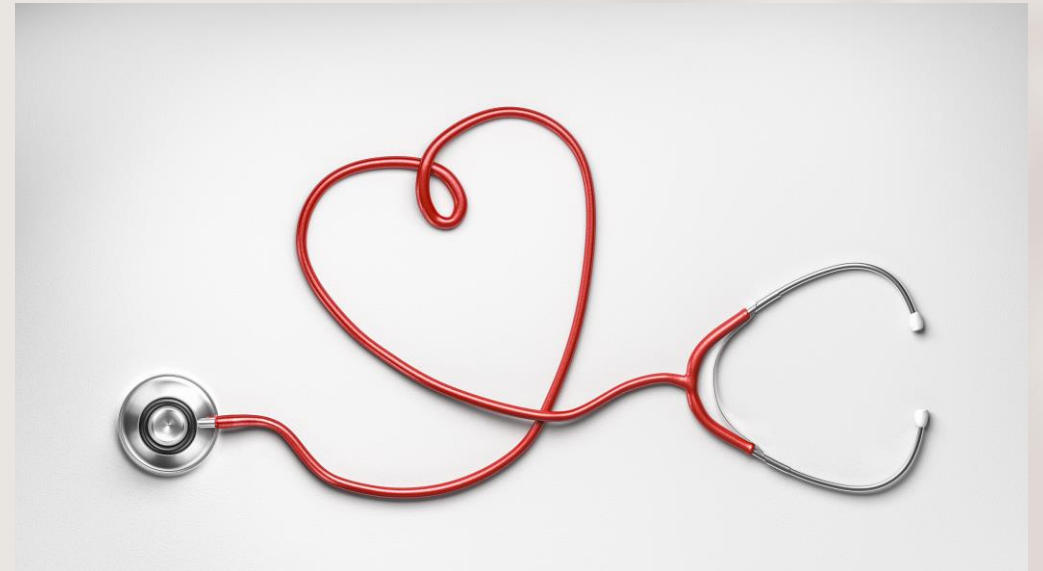
# Think about a hospital experience...

Was it joyful or difficult?

Was there a Healthcare Worker who was there for you (a nurse, a doctor, a transporter, caregiver, the assistant who delivered your meal)?

How were they there for you?

What about them brought you comfort?



## PROMPT 2: Portraiture



## Consider capturing their:

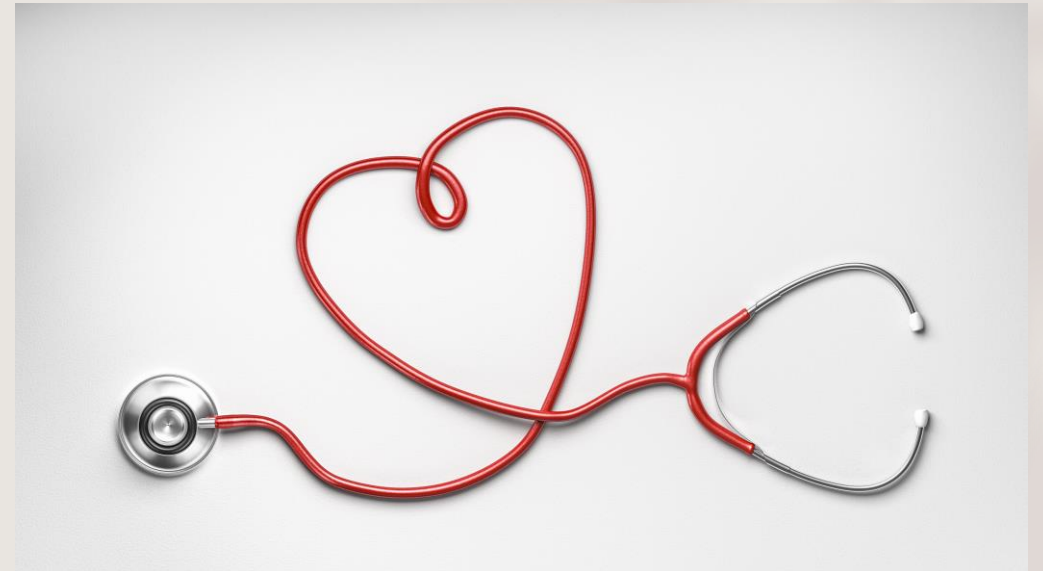
- Countenance
- Expressions
- How they made you feel- is there a metaphor you could use?

## Think about painting styles:

- Impressionism
- Expressionism
- Pointillist
- Abstract
- Surreal

## 1<sup>st</sup> Line/Repeated Phrase (anaphora):

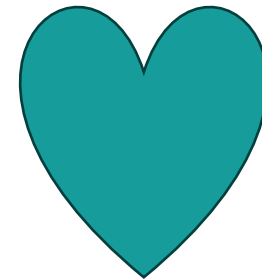
*“When I picture you, I see....”*





# Comfort Rounds: Round 3 “Greeting Card Gratitudes”

**A series of Short Forms that leap  
off the page and into the heart!**



## Priming the Mind: FreeWrite

**Start a 5-7 Minute  
FreeWrite with the phrase:**

**“LET’S GIVE THANKS...”\***

**\*If you find yourself getting stuck, repeat this phrase or the last word you wrote; keep the pen moving and see where it leads you**

# **“Wait a minute, Postperson!”: Playing with Postcard Poems**

## **Traditional Form:**

**Opening:** Addresses who the card is for (ie: “Dear – ,)

**Body:** Prose poem of not more than 36 words

## **Ways to Play:**

**Imagery:** Go VIVID!

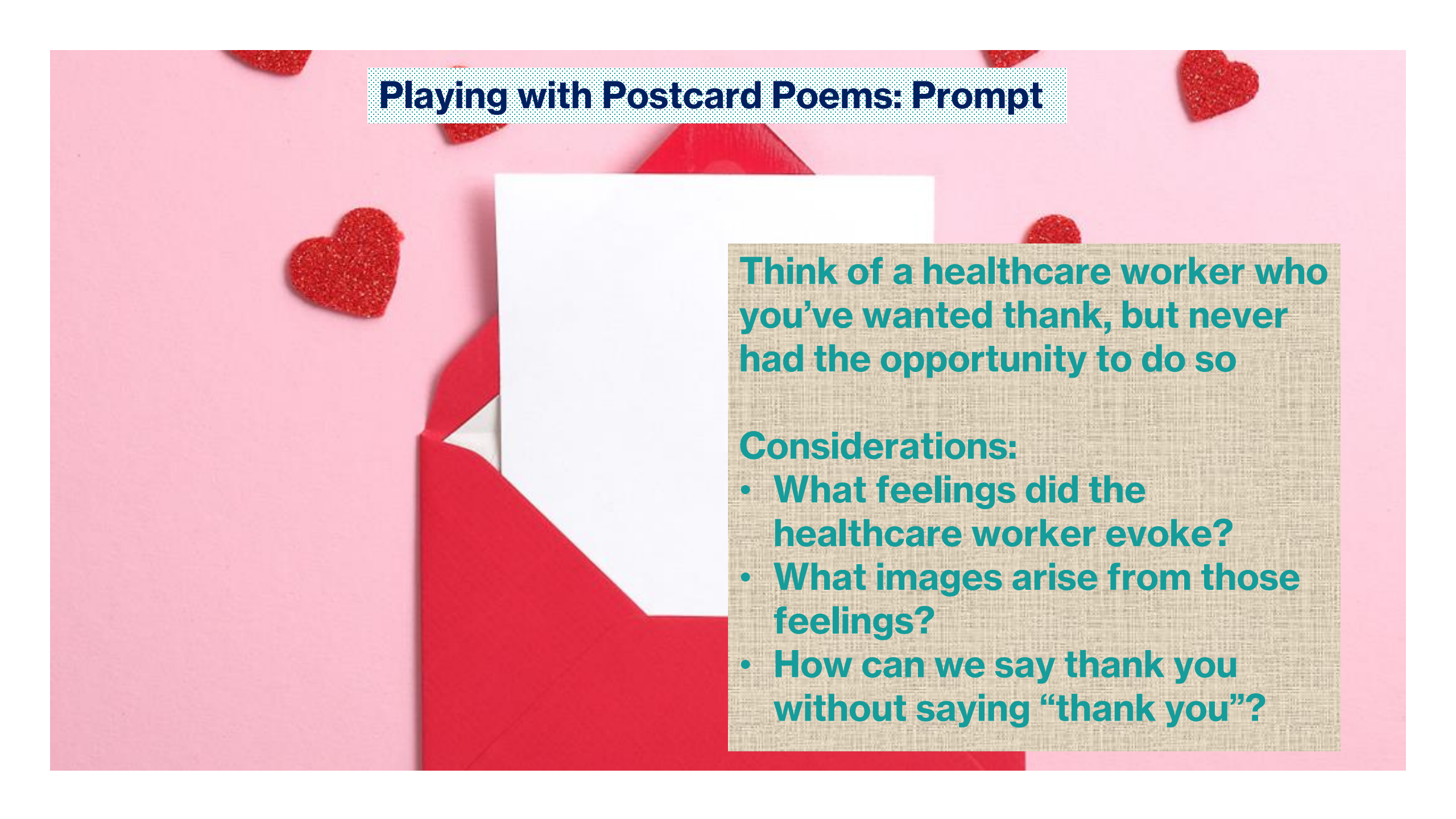
**Shape:**

Instead of a text block, try staggered lines, split the poem into stanzas, stagger the stanzas, and so on and so on....

## **Fun Challenge!**

**Write poem as a Cinquain:**

**5-line poem with a syllable-per-line count of 2-4-6-8-2**

The background is a light pink surface decorated with several red, textured heart-shaped confetti. A red envelope is partially open, revealing a white card inside. The title is written in a dark blue font on a white rectangular background with a fine dot pattern.

## Playing with Postcard Poems: Prompt

**Think of a healthcare worker who you've wanted thank, but never had the opportunity to do so**

### **Considerations:**

- **What feelings did the healthcare worker evoke?**
- **What images arise from those feelings?**
- **How can we say thank you without saying "thank you"?**

## **“Take 2 Metaphors and Call Me in the Morning”: The Prescription Poem**

**Think of situations a healthcare worker could experience that cause stress...**

**...choose a situation and write a Rx for bringing relief to it**

### **Ways to Play:**

- use medical abbreviations**
- consider what a “medicine” might be and how it could be “taken”**

## **“Thinking Of You”: Get Well Card Poem**

**Choose another situation where a healthcare worker could experience stress and write a heartfelt message to them**

### **Ways to Play:**

**-Use a repeated phrase (anaphora):**

**“Lean on me”**

**“You are not alone”**

**“You are so strong”**

**-End with a “wish”:**

**“Wishing you-----”**

A red surgical mask is positioned to form a heart shape. The mask's two ear loops extend upwards and outwards, meeting at the top to complete the heart's outline. The mask itself is a standard three-layer surgical mask with a pleated center. The text is overlaid on the mask.

Thank You So Much for playing with  
these prompts!

-Lauren WB Vermette, 14<sup>th</sup> Poet Laureate of  
Portsmouth, NH