

ACTIVITY GUIDE

Lightsey Darst – Poet + Dance Journalist:

Writing/Essay/Journal

Poet Lightsey Darst often is prolific in her writing, meaning she writes more than she needs to. Sometimes this is good; other times it is hard to edit out good material to get down to the bare essentials. When you write creatively, do you create more material than you need? If you only create enough to get the job done – how can you be sure that you have created the best work you are capable of? Also, how much training do you think is needed for Darst’s type of art? How can you get that type of training?



Activity

One particular line Darst reads from her book *Find the Girl* says, “I am not the flat one. I am not the thin one.” Write your own poem in which you describe yourself using only descriptions of things that you are not.

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