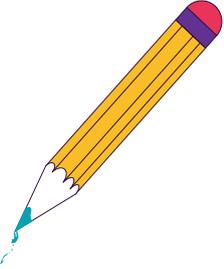




Share Your Rare

Raising awareness of mental health and genetic conditions through art and conversation

Your Rare Stories



Your Rare Stories is an activity to explore the diverse experiences of having, living, or working with rare genetic conditions.

Our goal is to channel your voices and stories to the wider community, so that people can learn about rare genetic conditions from your experiences.

We do this through writing stories in the form of short poems, known as Cinquain poems. These are five line poems that can be used to tell a story about just about anything, as you'll see!

What are Cinquain poems?

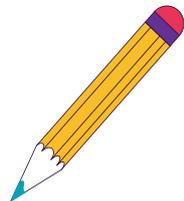
Cinquain poems are five-line poems structured as follows:

1. The subject of my poem is
2. Two words / phrases that describe it are
3. Three action words / phrases that describe it are
4. This is how I feel about the subject
5. Another word for my subject is / in conclusion of my subject

Let's start with poems about dogs and cats:

- | | |
|-------------------------------|-----------------------------------|
| 1. Dog | 1. Cat |
| 2. Loyal, credulous | 2. Aloof, demure |
| 3. Bounding, barking, playing | 3. Stalking, surveying, preening |
| 4. Dreaming wolf dreams? | 4. Terror of the nocturnal mammal |
| 5. Pet | 5. Pet? |

The Activity



**Now is your turn to write
a Cinquain Poem!**

Material needed:

Pen and paper, or a phone, tablet, computer if you prefer to write electronically.

**Send us your stories by
email!**

Send us your poems by email to creativecomplexity@cardiff.ac.uk

**POEM EXAMPLES
ON PAGE 3!**

Topics

- **Rare genetic conditions:**

What is the one thing that people should know about rare genetic conditions?

You may be a child, young adult or adult who has a rare genetic condition, or a relative or carer for someone with a rare genetic condition. You may even be a clinician or researcher in rare genetic conditions. We want to tell your story! Please tell us one thing that everyone should know about your experience of rare genetic conditions that you want to share with the world.

- **Covid-19 and lockdown:**

Covid-19 has changed our world in the past year. Many of us have spent much of our time indoors, and we have had to find new ways to contact our friends and family. It has been a frightening and confusing time for many people, but other people have found that their lives have become simpler and less stressful.

Please tell us something about how you have managed life with the Covid-19 pandemic. Maybe you want to tell us whether you have found lockdowns hard or easy, whether you have felt lonely or found a way to make new connections. If you have taken up new hobbies to get you through lockdowns, maybe tell us about those. Do you have one thing that you want to tell the world about how the last year has been for you?

EXAMPLES

Poem structure:

1. The subject of my poem is
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1. Psychology
2. Mind, behaviour
3. Analysing, researching, thinking
4. Curious
5. Vast

1. Zoom
2. Connecting, draining
3. Chatting, sharing, socialising
4. Something missing
5. Technology

1. Tuberos Sclerosis
2. Complex, unknown outcomes
3. Love, care, hope
4. Lives entwined
5. Wait

1. Computer
2. Everything device, world machine,
3. Unfathomable quickness,
uncompromising interpretation,
chaos taming
4. It is the future of humanity and
the birthplace of new intelligence
5. Universal