

ART  for RECOVERY

UCSF Helen Diller Family
Comprehensive
Cancer Center



ART PROMPT

What secret power - that you didn't know you had - have you used in your cancer journey?

How have you adapted?

If you were a bird what type of bird would you be and how would you fly?

What does a safe nest or birdhouse for that bird look like?



FREE



Flying

Richard Wilbur

Treetops are not so high

Nor I so low

That I don't instinctively know

How it would be to fly

Through gaps that the wind makes, when

The leaves arouse

And there is a lifting of boughs

That settle and lift again.

Whatever my kind may be,

It is not absurd

To confuse myself with a bird

For the space of a reverie:

My species never flew,

But I somehow know

It is something that long ago

I almost adapted to.

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SUBMIT YOUR WORK!

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