



NOTES FROM JUPITER #6

DISCOVER THE COLLECTION FROM HOME WITH 'NOTES FROM JUPITER'  
FUN AND INSPIRATIONAL WEEKLY PROJECTS.



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MESOSTIC REMEDY  
Alec Finlay

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# Puzzling Poems

In response to the work of  
Alec Finlay, create a mesostic of  
your own!

In 2009 Alec Finlay wrote a collection of poems for Jupiter Artland about 38 plants that have properties that can heal or harm us. The poems had a word hidden in the middle of the lines, similar to an acrostic poem which has a hidden word going down the first letter of the first word in each line.

Poems with hidden words in the middle of the lines are formed more organically than acrostic poems and are called mesostic poems. Alec Finlay describes the hidden word as the stem of the poem, and the additional lines as the branches growing out.

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You will need: Paper, Pen, Pencil and Patience!

**1** Choose a word with at least 5 letters - this will be the subject of the poem.

**2** Write the word vertically in the middle of your sheet of paper with your pen - why not try your own name!

**3** Using your pencil, start writing the poem line by line - don't worry about including any rhymes.

**4** Try to use the lines of the poem to describe the hidden word.

## I want more:

Alec Finlay invites you to write a poem starting with the line 'I remember' Inspired by a work of art, animal or something special you encountered when walking in nature.

## Share your pictures with us!

Email pictures to [eleanor@jupiterartland.org](mailto:eleanor@jupiterartland.org), tag us on Instagram, Twitter, or Facebook!  
Find out more about Alec Finlay and the ideas that inspire him at [jupiterartland.org](http://jupiterartland.org)