



# Please Take a Seat

Draw a picture of a seat  
that you would rather take  
and wonder where to take it.  
It will not be one of these.

Draw it in a comfy room  
with nine soft things.

Cradle your pain in your hands,  
stroke it gently, like a bird,  
and place it on the seat that you have drawn.

Sit proudly, smally, catly,  
shyly, giantly, and still.

Count the colours you can see,  
and fill yourself with light.

Think of twenty words to do with trees,  
and words that rhyme with 'heather'.  
Make some up.

Write a poem about the sky.

List all the words you can for 'wonderful'  
and remember you are all of these.

Now imagine you're invisible  
until you've counted up to five in Urdu :  
*eik, doh, tin, char, panj.*

You will be seen shortly.

*Judy Tweddle*

*This poem was commissioned by the poet David Hart on behalf of the Arts Council. It is one of a collection of fifty poems by different UK poets - each on the subject of waiting. The poems are for display in waiting rooms.*