

## Inner monologue poem for *The Boy with Big Decisions* by Helen Rutter

### Outcome:

Pupils write a poem from the perspective of the boy's inner voice as he faces a big decision.

### Starter:

“Heartbeat Thinking” Warm-Up

Play a soft heartbeat or slow drum rhythm.

Ask pupils to imagine a moment when someone has to make a big decision.

Not what the decision is — but what it feels like inside.

On mini whiteboards, pupils jot down:

- one thought
- one feeling
- one physical sensation (tight chest, shaky hands, warm cheeks)

### Teacher model:

Explain that the inner voice is the quiet narrator inside us — the whisper, the worry, the encouragement, the doubt.

Breathe,  
Wait,  
Listen.

There's a tremble in your chest  
A small drum beating  
It's warning.

What if you're not ready?  
What if Marco's right?  
What if you're caught?

Listen to your heart.  
You know the answer  
Throw the paint.

Discuss:

Why are the lines short?

How does repetition create tension?

What emotions is the character feeling?

Inner voice poems are about precise word choices, emotion and rhythm.

### Task:

Pupils write a poem from the perspective of the boy's inner voice as he faces a big decision.

**Success criteria:**

- I write as the inner voice.
- I use short, powerful lines.
- I use repetition to show emotion.
- I show the boy's feelings without saying the decision.
- My poem has a clear mood (worried, hopeful, brave, torn).

**Scaffolds:**

Option A: Sentence Stems

- Think...
- Don't rush...
- Listen...
- You know...
- Remember...
- This matters because...

Option B: Word Bank

Emotions: worry, hope, fear, courage, doubt, excitement

Sensations: thumping heart, shaking hands, tight breath, warm cheeks

Inner-voice verbs: whisper, echo, repeat, tug, pull, steady

Option C: Structured Frame

Breathe

Think

Listen

Your heart says .....

Your mind says .....

Remember .....

Don't forget .....

You know what to do.

**Plenary:**

Invite pupils to read one line aloud — not the whole poem.

Encourage them to read it in the tone of the inner voice:

- soft
- steady
- urgent
- trembling
- brave