

# WORKSHEET #2

## WORD PLAY

**Playing with words:** Sometimes living with Parkinson's means struggling to find the words you want to say. Other times your voice may suddenly become small and faint despite effort to project and animate. Slurring words can also occur, leading to accusations of moodiness or even drunkenness. Communication can become a source of uncertainty, stress, and pressure. Finding fun ways to enjoy communication can help boost your confidence and keep you motivated to keep participating in conversation. Playing with words is also good brain gym and is an activity you can do on your own or with others, like a crossword puzzle.

**Double entendre word play:** A double entendre is a phrase of multiple meanings that can be taken in different ways. An example is the phrase 'totally sick', which could describe a day literally feeling very unwell or an outstanding and very cool day.

### Exercise 2: Playing a double entendre

**Step one:** Write a few lines describing yourself as a sick person (literally someone experiencing illness). Then construct a few lines describing yourself as 'sick' – as in, amazing and cool!

**Step two:** Write a brief description of yourself as a poet (e.g., are you new to poetry, a seasoned or reluctant poet).

**Step three:** Find a metaphor to tie together these different identities. For example, a river changing course, shifting weather patterns, or a garden in different seasons. Use this metaphor to share different sides to who you are, be playful with your words. As you read your poem, notice how you are so much more than literally sick.