

Selfie

I dug a hole
in a Welsh woodland and lived in it.
I crawled around on all fours.
I tried to turn myself into
a more olfactory creature.
I ate pizza out of dustbins
in the East End of London,
was hunted by a bloodhound,
tried to catch fish with my teeth,
and climbed trees to map the thermals
that suck insects into the sky.

**Charles Foster,
on things he's done that
"some people think are strange"**