

“I am from...” Poem

What is it for?

A poem framework to capture information about people, their lives, backgrounds etc.

Time & People

30 - 40 minutes
Any number

Materials

“I am from...” poem template

Source

George Ella Lyon
“Where I’m From” poem

And also...

Description

Introduce the activity by sharing a poem you have written about your own life.

Give each person a printed copy of the framework (on A4 paper) and a pen or pencil. Provide time for them to think about and write their own poem. You could play some non-intrusive music, or invite people to find a quiet space outside.

Allow 20 - 30 minutes to write the poem.

Sharing

Option 1: Share in pairs, with each person reading their poem to their partner.

Option 2: Invite volunteers to read their poem to the whole group.

Option 3: Select one line from your poem and write it on a flip chart so that all the individual lines form a new, group poem (note: this poem doesn’t have to follow the framework)

Debrief

What emotions or memories did this activity bring up for you?

How might this activity be used with teams, organisations or communities?

I Am From poem template

I am from (a specific item from your childhood home)

from (two products or objects from your past)

I am from (a phrase describing your childhood home)

and (more description of your childhood home)

I am from (a plant, tree or natural object from your past)

whose (personify that natural object)

I am from (two objects from your past)

from (two family members or ancestors)

and from (two family traits or tendencies)

from (another family trait, habit or tendency)

I am from (a religious memory or family tradition)

from (two foods from your family history)

from (a specific event in the life of an ancestor)

and from (another detail from the life of an ancestor)

I am from these moments...

I am from (continue this thought or repeat a line or idea from earlier in the poem)