

Lesson:
"I am... Poem"

Length of lesson:
30 Minutes

Materials:

- Paper
- Pens
- Markers
- Stickers
- Glitter
- Cardboard Frames
- Mirrors

Discussion Questions:

- How do you identify yourself?
- How does the way you identify yourself affect your life?
- How do you see yourself?
- How can you see yourself in a more positive light?

1. Prepare pre-cut paper to fit inside of the cardboard frames. Prepare craft supplies to be shared between 3-4 girls to decorate their picture frame.

2. Participants will take some time to reflect upon some positive qualities about themselves, explain that they will be using these qualities to create their poem.

3. Participants will have the opportunity to share how they feel, how they see themselves, what they like to do, what they are good at, and what they wish for.

4. The poems will be about 10 lines and each stanza will begin or end with "I am participant's name"

5. Give an example of your own "I am..." poem.

I am a teacher. I am a woman.

*I am a dancer.
I am Gabriela.*

*I am a child of divorce.
I am worried sometimes.
I am happy when I am cooking.
I am Gabriela.*

*I am a volunteer.
I am hopeful.
I am grateful for my friends.
I am Gabriela.*

- 6.** Give each participant paper and a pen or pencil. Direct them to write 10 to 15 “I am...” statements on their paper. If they need help thinking of statements, provide them with suggestions of adjectives, feelings, or descriptions of themselves based on what you know about them. Give participants 10 to 15 minutes to write their statements.
- 7.** When each participant has written 10 to 15 “I am...” statements, direct them to get into pairs. Have participants choose which partner will go first. This partner will read their “I am...” statements first.
- 8.** Pass out a mirror to each pair.
- 9.** Have one partner be the listener and hold up the mirror so that the partner who is reading can see themselves in the mirror. When you say to begin, have all of the readers read their poems out loud while looking directly at themselves in the mirror. When everyone is finished, have them read their poem again, this time looking directly at their partner, not at themselves in the mirror. Remind the participants who are listening that it is ok to look into someone’s eyes; it shows that you are interested in what they are saying, even if it feels a little uncomfortable.
- 10.** Switch partners and repeat the activity.
- 11.** When all participants have read their poems aloud, collect the mirrors. Ask participants to quickly share: How did it feel to read your poem while looking at yourself in the mirror? How did it feel to read it while looking at your partner?
- 12.** Direct participants to choose their favorite “I am...” statements to include in their finished “I am...” poem. They can choose them all or only a few. Their poem should be about 3 stanzas. Have them write out a draft of their poem, including the “I am “participant’s name” lines.
- 13.** Give participants time to write out a final copy of their poem on paper that will fit into the frames. Allow them to decorate their poems and their frames creatively! Clean up supplies when finished.

Display the “I am...” poems throughout the room. Have participants walk around to look at each other’s poems and creativity or give time to do this another day. Allow participants to take their poems home at the end of the session.