

## **Instructions for Use of Who I Am Poem Exercise**

Using the template on the next two pages, each participant will complete a short poem that reflects his or her personal and cultural heritage.

Print the template pages (pages 2 and 3 of this document) on two separate pages.

1. Distribute the first page to participants first. (Do not distribute the second page.)
2. Participants should be instructed to fill in the blanks with the requested items, as they are read aloud. They should try not to read ahead – or complete additional blanks -- even though the prompts are also listed on their sheet.
3. Participants should be instructed not to think about their answers. They should try to just fill in the first thing that comes to mind – like the game ‘association’ or a Mad Lib. They will have only about 10 seconds to complete each item.
4. The first item will be read aloud with a brief 10 second pause following, allowing participants to record their answers.
5. As soon as most people have finished writing, the second item will be read.
6. The blanks for the entire poem will be completed in this way.
7. The second page will then be distributed and participants will be given a few minutes to transfer their answers to the full poem template. They should try to do this fairly quickly.
8. When participants are finished transcribing, they will be invited to read their own poems to the group, as a way of introducing themselves to others.

## Who I Am ...

An important first step to feeling connected to the people and places around us is to realize what makes us who we are. "Who I Am..." poems help us to connect back to our families, our homes and the most basic elements that shape our lives. These are all of the small – yet critical - things that give us our identities. You'll be surprised that, when you're done, you will have said things about the sources of your unique personality that you may never have considered before. What's more, you will have created something of yourself to share—with your friends, colleagues, communities and families.

I am \_\_\_\_\_ from  
(1.what you consider your ancestry, race, ethnicity, religion)

\_\_\_\_\_  
(2.location or description of your neighborhood or house you grew up in)

I am from the \_\_\_\_\_ and the \_\_\_\_\_.  
(3. plant, flower, or something in nature) (4.plant, flower, or something in nature)

I am from \_\_\_\_\_ and \_\_\_\_\_,  
(5.a family tradition) (6.a trait that runs in your family)

\_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_.  
(7.name of family member) (8.another family member) (9.another family member)

I am from \_\_\_\_\_, and  
(10.something your parents, family members, or other important people in your life said to you growing up)

\_\_\_\_\_  
(11.something people in your family do)

From \_\_\_\_\_ and  
(12.something you were told as a child)

\_\_\_\_\_  
(13.another thing you were told as a child)

I'm from \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.  
(14.place of birth) (15.food item representing your family) (16.another food item)

From \_\_\_\_\_ and  
(17.specific family story about a specific person)

\_\_\_\_\_  
(18.a detail from the story)

I am from \_\_\_\_\_.  
(19.location of most important family pictures, mementos, and/or memorabilia)

## Who I Am.... (prompts)

PROMPT	YOUR FIRST INSTINCT WHEN THE PROMPT IS READ
1. What you consider your ancestry, race, ethnicity, religion	
2. Location or description of your neighborhood or house you grew up in	
3. Plant, flower, or something in nature	
4. Plant, flower, or something in nature	
5. A family tradition	
6. A trait that runs in your family	
7. Name of family member	
8. Name of another family member	
9. Name of another family member	
10. Something your parents, family members, or other important people in your life said to you growing up	
11. Something people in your family do	
12. Something you were told as a child	
13. Another thing you were told as a child	
14. Place of birth	
15. Food item representing your family	
16. Another food item	
17. Specific family story about a specific person	
18. A detail from the story	
19. Location of most important family pictures, mementos, and/or memorabilia	