



"I Am" Poem

From "Black, Brown and Proud", Season 4, Episode 2



Supplies

- Pen/Pencil
- Markers, crayons or colored pencils
- Paper

Steps

1. "When you look in the mirror, what do you see? What do you notice about your eyes, nose, mouth, head, hair (if you have any), mustache/beard (if you have one, haha). When you look at yourself, what makes you proud to be you?"
2. "We are all individuals and none of us look the same, even if you are an identical twin. There is something that makes you different. That is what makes us unique and what makes us all special. Sometimes, some people dismiss or make fun of others if their skin is darker, hair is curlier, nose is wider, lips thicker. It is important, however, to still love yourself. To be proud of yourself. To celebrate yourself. To revel in all that makes you, YOU."
3. "No one can take away who you are, no matter how hard they try. You are you, and I love you for that. I also want you to also love yourself. First, can you hug yourself? Do it right now! I will do it with you."
4. "Now we are going to write or draw what we love about ourselves. It is called an 'I AM' poem and it provides a unique way to express yourself."
5. Take 5 minutes to write your own "I AM" poem. (A), (B)
6. Your poem can be in meter or not.
7. Your poem can rhyme or not.
8. Your poem can repeat or not.
9. Your poem can be long or short.
10. You might use imagery or words to define yourself or to illuminate descriptive personal traits.
11. The only real rule is that the poem says something about you and generally includes the words "I am." (C)

