

IRC Healing Classrooms – Unit 3 Preparing a Safe Place to Land

Student Activity: I Am From Poem

The I Am From Poem is a fantastic activity for all students to reflect on who they are and where they come from.

Step 1: List familiar foods, especially those associated with joyful occasions and celebrations.

Step 2: List sights, sounds and smells from your neighbourhood.

Step 3: List familiar sayings heard repeatedly growing up.

Step 4: List familiar people, family members, friends and ancestors.

Step 5: Add "I am from" to the beginning of each list to make your poem.

SPACE TO WRITE POEM

(start first line with I am from...)

Example poem:

I am from Yorkshire puddings and roast beef,

I am from chip butties dipped in gravy,

I am from little slices of birthday cake with the white icing and jam inside,

I am from back alleys full of kids playing hopscotch,

I am from the smell of curry wafting through the rows of terraced houses,

I am from shrieks and laughing and cars beeping and "quick, car's coming",

I am from "going t'shop", "y'alright chick", "tarrar see you later",

I am from Mancunian miners, cotton mill workers and grafters.