

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.**

11. *What is the primary purpose of the following statement?*

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

11. *What is the primary purpose of the following statement?*

Step 3: List familiar sayings heard repeatedly growing up.

11. **What is the primary purpose of the *Journal of Clinical Endocrinology and Metabolism*?**

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

11. **What is the primary purpose of the *Journal of Clinical Endocrinology and Metabolism*?**

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

11. *What is the primary purpose of the following statement?*

### 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*