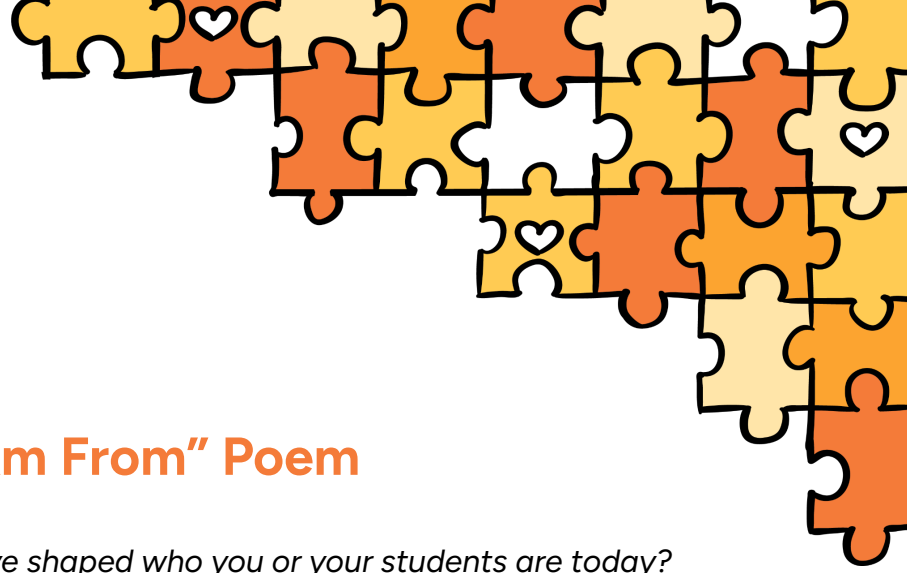




Community Health: “I Am From” Poem

GRADES K-3

What experiences, people, or places have shaped who you or your students are today?

How can reflecting on personal memories help us understand ourselves better?

Why is it important to express and share our unique stories with others?



SPACE

Classroom or Virtual Classroom

VOCABULARY

Community: A group of people who live, work, or play together in the same place.

Belonging: Feeling like you’re part of a group or family.

Special: Something that makes you feel happy or proud.

MATERIALS & RESOURCES

- [“I Am From” Poem Handout](#)
- Paper, pens, or digital tools (e.g., *Google Docs*) for drafting poems
- [Activity 2 Slides](#)

TIME

- **5 minutes** - Minds-On Activity: What is Community?
- **45 minutes** - Writing and illustrating the “I Am From” Poem
- **20 minutes** - Sharing and reflection

CONTEXT

This activity introduces young students to the concept of community and belonging. By reflecting on their own favorite places, people, and experiences, students will learn to recognize the unique features of their community and appreciate how these elements contribute to their sense of connection and identity.

ACTIVITY OVERVIEW

Students will...

- Explore the idea of community and what makes their own community special.
- Create a simple “I Am From” poem to share what they love about their community.
- Learn how connecting with others builds a strong and supportive community.

Why this is important:

Teaching community health at a young age helps children appreciate the people and places around them. It fosters empathy, connection, and a sense of belonging, creating the foundation for lifelong engagement and collaboration. Helps young students build self-awareness,

Students will shift focus from their personal well-being to thinking about the community as a whole. To get them in the right mindset, students will explore the idea of community and what makes their own community special. They will create a simple “I Am From” poem to share what they love about their community. This lesson fosters empathy, connection, and a sense of belonging, helping young students develop self-awareness and appreciation for their surroundings.



ACTIVITY SET-UP

1. Minds-On Activity: What Is Community? (5 minutes)

For the sake of this activity, we have provided the following definition. Feel free to change this to suit the needs of your class or community, you know them best!

Community: Community is a group of people who live, work, or play together or are connected somehow.

Brainstorm: As a class, list things that make your community special (*e.g., parks, favorite shops, school events*).

Ask:

- “What does ‘community’ mean to you?”
- “What are some of your favorite places or things to do in our community?”

2. Activity: “I Am From” Poem

Objective: Students will think about their community and how they interact with it. They will create a poem about where they are from using the questions that are provided. At the end, they will put their answers together to make an “I am From” poem that will be special and unique to them. This encourages students to think about what connects them to the community.

a. Introduce the Concept (5-10 minutes):

Explain:

We're going to write a poem about who we are and what makes us special! We'll think about the places we love, the people who take care of us, and the fun things we do.

b. Guided Prompts (10 minutes):

Provide the students the "I Am From" booklet that will include the following prompts that students will then use to make their "I Am From" poem. To start, they will respond to the following questions. Depending on the level of difficulty this presents to them, they can use images or assistive technology to answer the questions, and then may require assistance with putting down the correct word to make their poem.

- My favorite place is:_____ (**e.g., my backyard, the park**)."
- My favourite sound or smell is _____(**e.g., the smell of cookies baking or the sound of birds chirping**)."
- My favourite thing to do_____(**e.g., a favorite game, toy, or activity**)."
- Something kind someone I love does (**e.g., mom's hugs, my sister's jokes**)."

c. Create the Poem (10 minutes):

Instructions: Help students combine their answers into a short poem using the "I am From" notebook. Students will take the words that they answered and add that into the I am from

- "I am from my favorite place, (**e.g., my backyard, the park**)."
- "I am from (**a smell or sound that makes you happy, like cookies baking or birds chirping**)."
- "I am from (**a favorite game, toy, or activity**)."
- "I am from (**think of something a special person does that makes you feel safe or loved**)."

Example:

- I am from my cozy bed where I read my favorite books.
- I am from the sound of my puppy barking and the smell of pancakes.
- I am from skipping rope on my front lawn.
- I am from Grandma's hugs and Mom's bedtime stories.

d. Share and Reflect (20 minutes):

"We Are From" Collaborative Poem

- After sharing individual poems, invite students to work together to create a class "We Are From" poem.
- Ask students to share one line from their poem that they'd like to contribute to the group poem.
- Write these lines on a large poster or board.

- Help students arrange the lines to create a collective poem that represents their classroom community.
- Read the poem together, with students taking turns reading different lines.

Example for K-3: We Are From

*We are from our cozy classroom
We are from the sound of laughter and singing
We are from drawing pictures and playing together
We are from hugs and kind words*

FACILITATION TIPS

Focus on simple sentences, vivid imagery, and drawings.

Guiding Questions:

"What are some things that you love to do and why?"

"Who are the people or things that make you feel special?"

"What does your picture or collage tell us about what's important to you?"

Encourage students to listen carefully to one another's poems and recognize how everyone's experiences and feelings contribute to the community's uniqueness. Highlight shared themes to help students feel connected and valued.

EMPATHY THROUGH REFLECTION

Encourage students to listen carefully to one another's poems and recognize how everyone's experiences and feelings contribute to the community's uniqueness. Highlight shared themes to help students feel connected and valued.

My Notes
