



Name of Session: I AM Poem: COVID-19 Edition

Facilitators / Creators: Ty Muhammad and Julio-Cesar Saucedo and Raji Ganesan

Age Group for Participants: Grades 4-8th grade, 9-12th grade

Objective?

To create a poem based on your COVID-19 quarantine experiences.

Time:

15-30 Minutes

Materials:

Pencil and Paper, Phone, Computer or Something to Write On

A device with headphones (Optional)

Process:

1. Take a moment to find a quiet place to yourself. If this space is unattainable, this is where the headphones are useful and you can play calming/chill music to set the mood. You are going to self reflect about your day and check in with yourself (how you're feeling, what you ate for the day, what you're gonna do for fun, etc.). Before you start the assignment, re-center yourself by taking 3 deep breaths to clear your mind.
2. After you have re-centered, look about your time in quarantine because we are going to write a poem based on those experiences.
3. Make a copy of the poem template on your phone, computer, paper or anything you can write on and fill out the following:

I AM Poem: COVID-19 Edition

I am _____ and _____

(two special characteristics you have)

I feel _____

(1 or 2 words that describe how you feel)

I wonder _____

(something you are actually curious about)

I hear _____

(what do you hear around you right now)

_____ and _____

(two distinct sounds you miss hearing)

I see _____

(what do you see around you right now)

_____ and _____

(two distinct things you miss seeing)

I am _____ and _____

(two special characteristics you have)

I want _____

(an actual desire)

I miss _____

(something or someone you miss since the crisis started)

I will _____

(something you will do after the crisis is over)

I hope _____

(something you hope to happen after the crisis)

I am _____

(the first line of the poem repeated)

SHARE:

Share your poem with us! On social media using the hashtag #RYTVirtualCreating