

# EXERCISE

## I am From Poem

The *I am From Poem* will give you (and your community) a chance to reflect on who you are, share with one another, and also help you feel comfortable being creative.

The end result of this exercise is a poem that will be beautiful, entertaining, revealing, provocative, and profound. It will serve as a symbol of your personal journey that can be reflected upon for your own work or shared with others who want to learn about your community.

Take a few minutes to fill in the blanks. Don't think too hard about it, and if you can't think of anything, just write down the first word that comes to mind.

After your first draft, take another few minutes to read over your poem and make any changes.

When everyone is done with their poem, share a few of your favorite lines with the group.

*This exercise is adapted from The Handbook for Artists Working in Community. The Handbook was developed by Springboard for the Arts and made possible through the generous support of the National Endowment for the Arts through the Our Town Knowledge Building grant. George Ella Lyon wrote the poem, "I Am From" and started the I Am From Project.*

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## I am From Poem

I am from \_\_\_\_\_  
(specific ordinary item)

From \_\_\_\_\_ and \_\_\_\_\_  
(product name) (product name)

I am from the \_\_\_\_\_  
(community description)

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
(adjective) (adjective) (sensory detail)

I am from \_\_\_\_\_,  
(plant, flower, natural item)

\_\_\_\_\_  
(description of above item)

I'm from \_\_\_\_\_ and \_\_\_\_\_  
(community tradition) (community trait)

From \_\_\_\_\_ and \_\_\_\_\_  
(name of community member) (another member)

I'm from the \_\_\_\_\_ and \_\_\_\_\_  
(description of community tendency) (another one)

From \_\_\_\_\_ and \_\_\_\_\_  
(something you were told as a child) (another)

I'm from \_\_\_\_\_, \_\_\_\_\_  
(representation of religion or lack of) (further description)

I'm from \_\_\_\_\_  
(place of birth and/or ancestry)

\_\_\_\_\_, \_\_\_\_\_  
(a food that represents your community) (another one)

From the \_\_\_\_\_.  
(specific community story and detail)

