



# Activity 1.1 - Telling Your Story Through Words

Name: \_\_\_\_\_

## DIRECTIONS:

1. Read the **I AM POEM** example below

*I am caring*  
*I wonder what my dogs are thinking*  
*I hear the rustling of the leaves in the wind*  
*I see squirrels flying up the trees*  
*I want a new friend*  
*I am caring*

2. Read the added movement examples below. Notice how each action represents the line in the poem.

<p><i>I am <u>caring</u></i>  <i>I wonder <u>what my dogs are thinking</u></i>  <i>I hear <u>the rustling of the leaves in the wind</u></i>  <i>I see <u>squirrels flying up the trees</u></i>  <i>I want <u>a new friend</u></i>  <i>I am <u>caring</u></i></p>	<p>~ hands to heart  ~ scampering around like a dog , stopping to look around and think  ~ body moves like leaves blowing in the wind  ~ head &amp; hand goes from low to high watching squirrels run up a tree  ~ waving to new people  ~ hands to heart</p>
--	---

3. Write your **I AM POEM** and a movement that goes with each line of your poem.

I AM POEM	MOVEMENT
I am _____	_____
I wonder _____	_____
I hear _____	_____
I see _____	_____
I want _____	_____
I am _____	_____





## Activity 1.1 - Telling Your Story Through Words



Name: \_\_\_\_\_

### *Reflection Journal*

Writing a poem is a quick way to introduce yourself and your interests.

Try writing more about yourself!

What are some hobbies or activities that you enjoy?	How do you share the things you love with others?

