

"I Am From," A Poetry Narrative Exercise



George Ella Lyon's poem, "Where I'm From," has been turned into a template for individuals to complete. This exercise can help people explore their identity, through their connection to place, family, and identifying what is meaningful to them, and is appropriate for ages 10 and up (with supervision for middle-school-aged youth).

I am from _____ (an everyday item in your home)
from _____ and _____ (products or everyday items in your home)
I am from the _____ (description of your home)
_____ (a detail about your home – a smell, taste, or feel)
I am from the _____ (plant, flower, natural item)
The _____ (plant or tree near your home)
whose long gone limbs I remember
as if they were my own.

I'm from _____ and _____ (a family tradition and family trait)
from _____ and _____ (family members)
I'm from _____ and _____ (family habits)
and from _____ (family habit)

I'm from _____ and _____ (things you were told as a child)
and _____ (a song or saying you learned as a child)
I'm from _____ (a family tradition)
I'm from _____ (place of birth) and _____ (family ancestry, nationality or place)
_____ and _____ (family foods)
From _____ (a story about a family member)
_____ (detail about the story or person)
_____ (description of family mementos, pictures or treasures.)
_____ (location of mementos – under my bed, on the wall, in my heart)
_____ (more description if needed)

Template by Levi Romero

Inspired by "Where I'm From" by George Ella Lyon

For more information about George Ella Lyon, her poetry, and the "I Am From" exercise, visit <http://www.georgeellalyon.com/where.html>