

## Core Competencies: Personal Social – I am unique PART 2

<b>Curriculum: Personal Social</b> <b>-Positive Personal and Cultural Identity</b>	<b>Learning Goals:</b> I can identify things that make me ME-unique, special and with unique strengths, worries, feelings and dreams
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### Materials

- Pencil
- Printer for printing the attached activity, OR;
- A blank piece of paper

### Activities



I Am.

1. Think about what makes you YOU. Print the attached activity **or** write it on a piece of paper.
2. Complete each line, choosing carefully the words you feel best describe you. If you have trouble brainstorming, talk to a family member or friend to think about words that best describe you. Sometimes it is hard to write about ourselves!
3. Share your 'I Am' poem with your family or a friend.

**Extension:** Watch the animation of [TED-Ed What Makes a Poem?](#) Can you create your own style of poem to write about yourself?

## Your Turn: Write an "I Am" Poem

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An "I Am" poem is a way to study the subject of a self-portrait by putting yourself in the artist's head. Or write one about your self -portrait by completing the poem below:

I am...(your name)\_\_\_\_\_

I am...(two special traits or physical characteristics)\_\_\_\_\_

I wonder...(something to be curious about)\_\_\_\_\_

I hear...(an imaginary sound)\_\_\_\_\_

I see... (an imaginary sight)\_\_\_\_\_

I want...(an actual desire) \_\_\_\_\_

I am...(the first line of the poem repeated)\_\_\_\_\_

I pretend...(something to imagine)\_\_\_\_\_

I feel...(a feeling about something imaginary)\_\_\_\_\_

I touch...(an imaginary touch)\_\_\_\_\_

worry...(something that is bothersome) \_\_\_\_\_

I cry...(something that is very sad)\_\_\_\_\_

I am... the first line of the poem repeated)\_\_\_\_\_

I understand...(something that is positively true)\_\_\_\_\_

I say...(something to believe in)\_\_\_\_\_

I dream...(something to dream about)\_\_\_\_\_

I try... (something to make an effort about)\_\_\_\_\_

I hope...(something to hope for)\_\_\_\_\_

I am...(the first line of the poem repeated)\_\_\_\_\_