“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