

"I Am From" Poem: Facilitation Guide

Contemplatives In Action Curriculum

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Time: 30 - 45 minutes

Group: Any number, then broken into small groups of 5-6

Materials: ["I Am From" Word Doc](#) (virtual), printed "I Am From" documents and pens (in person)

Outcomes: Students will reflect on their lived experiences.
Students will recognize their story as unique in relation to their peers.

Contemplatives In Action relation (bolded): **Self / Group / Community**
Experience / **Reflection** / Action

Summary:

Instructions (5 minutes)
Individual Poem Writing (20 minutes)
Small Group Sharing (20 minutes)

Facilitators: when applicable, suggested scripts will be written in italics.

Virtual Tips: Students may also use pen and paper when at home. Use the Individual



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