“I AM” POEM

These notes are to go in your daybook.
An “I Am” poem is meant to help you express yourself as an individual.

It is often used as an ice breaker activity or a first day of school “Introduce yourself” activity.
Types of “I Am” Poems

- **Formulaic Type**
  - Basically, a formulaic “I Am” poem is a poem that is basically already written for you. All you have to do is fill in the blanks with your own specific answers.

- **Free Verse**
  - Here, the writer takes the basic idea of the “I Am” poem and runs with it. The writer creates their own idea of the “I Am” poem while expressing their personal qualities and individualities.
The following is an example of a formulaic “I Am” poem

I am (two special characteristics)
I wonder (something you are actually 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 restated)

I pretend (something you pretend to do)
I feel (a feeling about something imaginary)
I touch (an imaginary touch)
I worry (something that really bothers you)
I cry (something that makes you very sad)
I am (the first line of the poem repeated)

I understand (something you know is true)
I say (something you believe in)
I dream (something you actually dream about)
I try (something you make an effort to do)
I hope (something you actually hope for)
I am (the first line of the poem repeated)
The following is an example of a formulaic “I Am” poem

I am confused and alone.
I wonder when someone will realize that I am only pretending.
I hear distant buzzards cawing.
I see the flying leaves.
I want to feel comfortable and safe.
I am confused and alone.

I pretend that I am what they think I am.
I feel like it’s only a matter of time.
I touch my face and wonder why it’s mine.
I worry that someday I will touch a different face.
I cry because sometimes there is nothing else I can do.
I am confused and alone.

I understand that life is finite.
I say “Know me and love me for who I am if you can.”
I dream that I will find my place and settle.
I try to run, but I am stuck in the same place.
I hope the buzzards won’t recognize my face.
I am confused and alone.
Here is another example of a formulaic “I Am” poem

I am (first name).
Son/Daughter of (…)
Who needs...
Who loves...
Who sees...
Who hates...
Who fears...
Who dreams of...
Who has found poems of...
Resident of...
Last name
Here is another example of a formulaic “I Am” poem

I am Melissa.
Mother of Katie and Brady.
Who needs support.
Who loves to dream.
Who sees the world changing.
Who hates willful ignorance.
Who fears time.
Who dreams of quiet.
Who has found poems of fever.
Resident of North Carolina.
Anders
And yet another example of a formulaic “I Am” poem

Just Because I’m...
Doesn’t mean...
Doesn’t mean...
And doesn’t mean...

Just because...
Doesn’t mean...
Doesn’t mean...
Doesn’t mean...
Doesn’t mean...

Just because...
Doesn’t mean...
Doesn’t mean...
Doesn’t mean...

Just because...
(Question)
(Question)
(Question)
(Statement)
And yet another example of a formulaic “I Am” poem

Just Because I’m a teacher
Doesn’t mean that I am out of the loop.
Doesn’t mean that I have no sense.
And doesn’t mean that I don’t know what’s cool.

Just because I’m an adult
Doesn’t mean that I don’t watch TV.
Doesn’t mean that I don’t play video games.
Doesn’t mean that I don’t have a clue.

Just because I have some authority
Doesn’t mean that I don’t text when I’m not supposed to.
Doesn’t mean that I follow all of the rules.
Doesn’t mean that you can pull one over on me.

Just because I’m a teacher
What makes me so much different from you?
What makes you think that you can treat me like garbage?
Who are you to think that I’m not awesome?
If only you really knew who I am...
As you can see, there are endless types of “I Am” poems.

You can also make up your own format...as long as you try to express who you are.
Here’s an Example of an “I Am” poem that I wrote when I first started teaching...

I am what I am.
I am soft, rough, heartless, and sensitive.
I like to sing, but I cannot dance.
I am what I am.
I am open-minded, creative, confused, and easily embarrassed.
I am quiet and introspective but I am not a snob.
I am what I am.
I am trying to be the best that I can be and I am doing the best I can.
I am sitting outside and watching the world turn its face.
I am what I am.
I am real.
I am willing to change.
I am willing to grow.
I am still just learning.
I am what I am.
Now, it’s your turn.

- Write your own “I Am” poem.
- Make sure that you keep your audience in mind.
  - Your poem must be appropriate for school.
- If you need help, don’t be afraid to ask.
- You can use any of the format options that I presented to you. You may also make up your own.

- Most importantly, don’t be afraid to express who you really are.