

“What I Know About Myself”

A Poetry Activity by Cindy Baldwin

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First Step: *What Do I Know About Myself?*

Fill out as many of the following items as you can—it’s okay if some are left blank!

Your Name:

3 adjectives that describe you:

What you look like physically:

3 things you love to do:

An experience that has shaped you:

Something you are proud of:

Your closest family and/or friends:

One thing that’s hard for you, and what it’s helped you learn:

Second Step: *Make it into a poem!*

On the next page, use the attributes you’ve written down about yourself to write a poem. There are no rules: it doesn’t have to rhyme, it doesn’t have to have a specific rhythm, and you can make the line breaks wherever feels right to YOU.

