

Workshop Title: My Body My Voice

Level: Novice Writers, **Developing Writers**, Experienced Writers

Duration: **1.5 hrs**

(10 mins) Check in:

- Which part of your body do you love the most? Why? Which part do you like the least?

(10 mins) Resource Building:

- Choose five parts of your body (tongue, hands, eyes, brain, etc.) and create 2 metaphors for each.

(15 mins) Example poem:

- “Thirteen” - Tonya Ingram
 - <https://www.youtube.com/watch?v=zbS9yNSQyAA>
 - Discussion
 - What metaphors does Ingram use to describe her body?
 - Do these metaphors connect? If so, how?
 - What emotions do the tone and pacing of her performance create in you as the audience?
 - What effect does the religious imagery have on the narrative element of this poem?

(15 mins) Prompt:

- Write a poem in which your body becomes a list of metaphors that represent different body parts. Try to tell a story about your body—where has it been? What has it done? What has been done to it? These can be as deep or silly as you choose!

OR

- Choose one emotion or feeling, then write a poem in which that feeling becomes an extended metaphor. Your poems can rhyme or not rhyme; be sure to engage the five

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senses! (If you're not sure what to compare it to, use an animal that best represents that emotion!)

Online Sharing Options

- (10 mins) allow 2 - 3 students to share their work
- (10 mins) create share-groups of 3 or 4 students. Students should share work among themselves privately (email, google drive, text, etc.)
- (10 mins) allow all students to share 1 - 3 lines from their writing. Speed is key!

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