

LESSON PLAN TITLE: Archetypes & Personal Mythology

Writer-in-Residence: Justin Groppuso-Cook

Grade Level: 6th-12th

Model Works Used: “Metamorphosis of a Wound” - Justin Groppuso-Cook

Literary Learning objective(s): Students will be able to understand archetypes in relation to stories & mythology; understand how archetypes help us to navigate the world & our identities; understand how to articulate a sense of self & develop it in their lives.

Themes: Archetype, Metaphor, Symbolism, Mythology, Personal Development

MDE/SEL Standards: Self-Awareness, Self-Management, Social Awareness

Materials Needed: Paper, Writing Utensil, Computer

Opening Activity:

Students will watch a short video on archetypes. Then, they will brainstorm about stories they've read, or movies they've watched, that have the following archetypes: Hero / Heroine, Righteous King, Tyrant, Trickster, Mother Goddess, Healer, Wizard, Warrior, etc. This could also be a discussion with a friend or family member if the student needs extra help in understanding the topic.

Link: <https://www.youtube.com/watch?v=dvYM4GlbYKg>

Pre-Discussion:

Students will click the link below. They can read more in-depth about what archetypes are & what traits are associated with each. For this lesson, we will focus on the section: “The 12 Archetypes in Detail”. Students will read through the 12 main archetypes & pick 1 - 2 that best represent them. The students should write these 2 archetypes down on a piece of paper to prepare for the poetry lesson.

Link:

<https://conorneill.com/2018/04/21/understanding-personality-the-12-jungian-archetypes/>

Model Poem Discussion -

Metamorphosis of a Wound

by Justin Groppuso-Cook

I grew & as I grew, I grew
wounded - -begging to be
healed, begging
to be loved. Tucked my voice
into the shadows
of a prescription

bottle. The medicine she
said would cure me
as she cut scars into
my flesh with nails
& teeth, her hair wrapping me
like a mummy; she buried
the seeds of abuse
into the cracks of

my being. From those cracks,
a healer began to bloom—
fingers reaching
for sunlight like the petals
of a chrysanthemum.
I let in the warmth, & it unwound
my wounds, opening my mouth
like a rainstorm in the sky.

For this poem, I chose the “Wounded Healer” archetype, which is part of the “Magician” archetype. The poem itself is a story of me becoming the “Wounded Healer”. With this in mind, think of the following questions:

- What are the wounds described in the poem?
- What did the wounds become?
- At what point in the poem does this transformation take place?
- What personal transformations have you gone through?
- How do those relate to the archetype you chose?

Prewriting -

With the sample poem in mind, write about 1-2 defining life experiences you have had, moments that made you who you are today. These could be happy or sad events. Write about them with plenty of imagery and vivid language. When finished writing about these events, look at the 1 - 2 archetypes you chose for yourself.

Think about how these fit into the experiences you wrote about. Think about how they relate or communicate with each other.

Writing Prompt:

Pick one of your archetypes & begin writing your poem.

The first line of your poem could be: "I am (your name), the (your archetype)".

Then, using imagery from your prewrite, write your poem describing yourself as that archetype.

Try to find a specific object in the prewriting that can serve as a metaphor. The idea of the poem is to shape your real life experiences into a myth. Write big! Write epic! Involve mythical creatures you may have had to battle (especially if you chose the Hero / Heroine).

Your poem should be between 10 - 20 lines. If you finish this poem, try to write another using your 2nd archetype.

Share / Reflect -

Reflect on the following ideas:

- How is my life similar to a story or myth? Who is the author of my story?
- How can I use words, poetry, and language to shape and change my reality?
- How are words, images, metaphors, and symbols (like archetypes) related to one another? What do they say about our world?
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Check/Highlight all that apply

- Text by a contemporary/diverse author
- Translated text
- Visual Thinking Strategies
- Close reading or other analysis
- A step of the writing process
- Planning & Reflection Strategy
- New device, concept or theme
- Social-Emotional Learning



- Self-Management
- Social Awareness
- Relationship Skills
- Responsible-Decision Making
- Self-Awareness

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