



Essential Words: LTAB Online 2020

Lesson plans and writing prompts for teens



Rap is Poetry is Rap

by Bayan Founas

DURATION: 1.5 hours

GRADE LEVEL: Middle School

WRITING LEVEL: ALL

FOCUS: hip-hop, rhythm

KEY TERMS: meter, rhythm, alliteration

EXAMPLE POEM

Lose Yourself by Eminem

Check in | 15 minutes

If you could meet any hip-hop artist, who would it be and why?

What would you talk about? Which hip-hop artist is most like you and how?

- Silently journal for 5 minutes
- Share what you wrote with a partner for 5 minutes
- Share whole class for 5 minutes

Resource Building | 15 minutes

Think of one of your favorite songs, and Google the lyrics to the song.

DISCUSSION

- How is your favorite song similar to or different from poetry?
- What elements of poetry does the song have?
- How is rap rhythm and poetry?

DEFINITIONS

- **RHYTHM:** the measured flow of words and phrases in verse or prose as determined by the relation of long and short or stressed and unstressed syllables.
- **METER:** the rhythm of a piece of poetry, determined by the number and length of feet in a line.
- **ALLITERATION:** the occurrence of the same letter or sound at the beginning of adjacent or closely connected words.

Close Reading | 20 minutes

LISTEN & READ | “Lose Yourself” by Eminem (Video and audio on [YouTube](#), lyrics included in your packet)



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QUESTIONS TO CONSIDER

- What are the themes of the song?
- What is the rhyme scheme used by the hip-hop artist?
- How do you describe hip hop to someone who has never heard it before?
- In what ways are these lyrics poetry?
- What is the effect of rhyme, rhythm, and alliteration in the song?

Writing Prompt | 20 minutes

Write a poem (individually or with a group) on a topic of your choosing.

TIP | Pay particular attention to rhythm, meter, and the other concepts discussed in this lesson.

BONUS | [Watch One Love by Nas](#), and prepare a performance of a group poem or rap.

Share Out | 15 minutes



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Lose Yourself via Genius

Performed by Eminem; Written by Jeffrey Irwin Bass, Marshall B. Mathers & Luis Edgardo Resto

INTRO | Look, if you had one shot or one opportunity
To seize everything you ever wanted in one moment
Would you capture it, or just let it slip? Yo

VERSE 1

His palms are sweaty, knees weak, arms are heavy
There's vomit on his sweater already, mom's spaghetti
He's nervous, but on the surface he looks calm and ready
To drop bombs, but he keeps on forgetting
What he wrote down, the whole crowd goes so loud
He opens his mouth, but the words won't come out
He's choking, how? Everybody's joking now
The clock's run out, time's up, over—blow!
Snap back to reality, ope there goes gravity, ope
There goes Rabbit, he choked, he's so mad but he won't
Give up that easy, no, he won't have it, he knows
His whole back's to these ropes, it don't matter, he's dope
He knows that but he's broke, he's so stagnant, he knows
When he goes back to this mobile home, that's when it's
Back to the lab again yo, this old rap shit, he
Better go capture this moment and hope it don't pass him, and

CHORUS

You better lose yourself in the music
The moment, you own it, you better never let it go (Go!)
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime, yo
You better lose yourself in the music
The moment, you own it, you better never let it go (Go!)
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime, yo
You better...

VERSE 2

His soul's escaping through this hole that is gaping
This world is mine for the taking, make me king
As we move toward a New World Order
A normal life is boring; but superstardom's
Close to post-mortem, it only grows harder
Homie grows hotter, he blows, it's all over
These hoes is all on him, coast-to-coast shows

He's known as the Globetrotter, lonely roads
God only knows, he's grown farther from home, he's no father
He goes home and barely knows his own daughter
But hold your nose, 'cause here goes the cold water
These hoes don't want him no mo', he's cold product
They moved on to the next schmoe who flows
He nose-dove and sold nada, and so the soap opera
Is told, it unfolds, I suppose it's old, partner
But the beat goes on: da-da-dom, da-dom, dah-dah, dah-dah

| **CHORUS** |

VERSE 3

No more games, I'ma change what you call rage
Tear this motherfuckin' roof off like two dogs caged
I was playin' in the beginning, the mood all changed
I've been chewed up and spit out and booed off stage
But I kept rhymin' and stepped right in the next cypher
Best believe somebody's payin' the Pied Piper
All the pain inside amplified by the
Fact that I can't get by with my nine-to-
Five and I can't provide the right type of life for my family
'Cause man, these goddamn food stamps don't buy diapers
And there's no movie, there's no Mekhi Phifer, this is my life
And these times are so hard, and it's gettin' even harder
Tryna feed and water my seed, plus teeter-totter
Caught up between bein' a father and a prima donna
Baby mama drama, screamin' on her, too much for me to wanna
Stay in one spot, another day of monotony's
Gotten me to the point I'm like a snail, I've got
To formulate a plot or end up in jail or shot
Success is my only motherfuckin' option—failure's not
Mom, I love you, but this trailer's got
To go; I cannot grow old in Salem's Lot
So here I go, it's my shot: feet, fail me not
This may be the only opportunity that I got

| **CHORUS** |

OUTRO | You can do anything you set your mind to, man