



## What is an “I Am” Poem

An “I Am” poem is a type of personal poem in which the author describes themselves through a series of prompts. Writing and sharing these are a wonderful way for the author to express themselves and feel known, and for readers or listeners to gain insights about their loved ones. Writing these may also help develop self-awareness, a core competency for social-emotional development.

Families can use the attached worksheets to create their own “I Am” Poems. Write and read these together as a group activity, or write them on their own and share if and when each person is ready. Younger children may relate to this activity better when they are asked questions and given the opportunity to depict their responses by drawing or coloring. Use the worksheet attached to help create your own “I Am” Poems.

These poems may also be used in other ways to foster perspective-taking, empathy, and social awareness. Authors can create “I Am” Poems by imagining how another person would respond to the prompts to build these skills. For instance, the writer could imagine how a character in a book or the subject of a painting might feel, and write the poem accordingly.

### Sample 1

I am smart and funny  
I wonder about space  
I hear the tv  
I see my Lego house  
I want a phone  
I am smart and funny

I pretend to be an astronaut  
I feel happy  
I touch my bear  
I worry about my homework  
I cry because my sister’s being mean  
I am smart and funny

I understand math  
I say funny jokes  
I dream about flying  
I try to do my chores  
I hope I can spend the night at Austin’s  
I am smart and funny

### Sample 2

I am strong and kind  
I wonder about the future  
I hear children laughing  
I see piles of laundry  
I want to eat carbs  
I am strong and kind

I pretend that I am in control  
I feel the weight of responsibility  
I touch my child’s hair  
I worry if it’s enough  
I cry tears of hope  
I am strong and kind

I understand fear  
I say “yes” more than “no”  
I dream of a simpler life  
I try to do my best  
I hope it will all work out  
I am strong and kind



## “I Am” Poem

Written By: \_\_\_\_\_

I am \_\_\_\_\_

I wonder \_\_\_\_\_

I hear \_\_\_\_\_

I see \_\_\_\_\_

I want \_\_\_\_\_

I am \_\_\_\_\_

I pretend \_\_\_\_\_

I feel \_\_\_\_\_

I touch \_\_\_\_\_

I worry \_\_\_\_\_

I cry \_\_\_\_\_

I am \_\_\_\_\_

I understand \_\_\_\_\_

I say \_\_\_\_\_

I dream \_\_\_\_\_

I try \_\_\_\_\_

I hope \_\_\_\_\_

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