

“Where I’m From” Poem Exercise

This activity is adapted from the poem [Where I’m From](#) by George Ella Lyon

This exercise will help you explore your cultural identity. Don’t try too hard to be poetic or cool or compare yourself to other people. Just tell the truth about your childhood background. Fill in the blanks and use the prompts, or go of script if you get inspired—just as long as it gives you an opportunity to reflect on your story. You might even want to share it with a friend.

I am from _____,
traditions that remind you of home

from _____,
brands – clothing, products, labels commonly used growing up

I am from _____,
food you ate growing up and holidays you grew up celebrating

I am from _____,
favorite childhood activities, books you remember most, toys you collected

from _____,
family member’s names or name of people who took care of you

I am from _____,
plants/gardens that grew inside/outside your home

from _____,
sounds, touch, scents that remind you of home

I am from _____,
names of the places your parents are from

from _____,
names of the places where you’ve lived

I am from _____,
phrases you’ve grown up listening to and superstitions/traditions/oddities your parents/guardians always used

I am from _____,
faith traditions, faith journey, spiritual discoveries

from _____,
doubts, struggles with faith

I am from _____,
phrases or words that remind you of a significant struggle you went through

from _____,
phrases or words that remind you of great joys in life

I am from _____,
favorite quotes, mottos you hold dear

I am _____,
your name