Write Your Roots / Because This Body Lesson Plan

Lesson Time: 30 minutes

Supplies Needed:
Printed Poetry Forms (English/Spanish) + Pencils OR
Laptops to fill out the forms online (English/Spanish)

LESSON PLAN

STEP 1: Body/Awareness Warm-up!

Choose one of the two following body-centering practices to lead, based on your class needs. This will help them get into their bodies!
Options One:

**Five Senses Practice**

Lead your students in the following mindfulness practice.


Option Two:

**Body Movement Practice**

Guide your students through a short movement practice using the following instructions...

1) Have students stand up with legs shoulder width apart.
2) Take a deep breath
3) Turn your head from side to side slowly as if saying no.
4) Look up to the ceiling and down to the floor slowly as if saying yes.
5) Put your arms behind your back grasping one wrist with your other hand and roll your shoulders forwards and backwards a few times.
6) With your arms dangling by your side, bend your forearm up and down like doing a karate chop up and down a few times.
7) Put your arms straight out with fingers/hands pointed forward and flex your wrists up and down, side to side and then roll them in circles.
8) Shake out your whole body.
9) Take a deep breath and find your seat.
**STEP 2: Literary Device for the Day!**

Explain to students that we will be playing with both literal and figurative language in our activities. Ask students if they know the difference between literal and figurative language. Then share the definitions and some examples.

**Literal language definition:** (and give an example)
Literal language by definition does not use figures of speech. Instead, literal language uses the actual meanings of words or phrases in their exact sense. Literal language is very straightforward and to the point. Literal language is precise and often tells the reader exactly the point. The reader or listener does not have to extract meaning.

**Example:** “This room is cold.”

**Figurative language definition:**
https://www.dictionary.com/browse/figurative-language
Figurative language is language that’s intended to create an image, association, or other effect in the mind of the listener or reader that goes beyond the literal meaning or expected use of the words involved.

**Example:** “This room is an icebox.”

Ask the students to come up with a couple more examples of literal and figurative language before moving into the Word Storm.

**Step 3: Collective Word Storm**

Tell the students you will be doing a collective class brainstorm. Write two columns on the board. Instruct them to come up with as many words, images, phrases as
they can on the prompt you will give them. Invite them to not just think literally but figuratively as well. Have students call out their words popcorn style so the energy builds. Take about a minute or two for each column and after each column is complete, read it back to the students as if reciting a poem, using the prompt as a refrain.

**Prompt, Column 1:** Inside my body lives...

ie: Literal Language = bones
Figurative language = dreams

**Prompt Column 2:** Things you can hold in your hands...

ie: Literal Language = apples
Figurative Language = hopes

**Step 4: Write Your Roots Poem Writing**

Let students know that they get to contribute to a city-wide, all-ages collaborative poem. It will be written by hundreds of Oaklanders this April and published into a book that is free for all to enjoy. If you so choose, you can read some lines from last year’s all-Town poem on Power [here](#).

Introduce the Write Your Roots poetry form to students by sharing the form and reading aloud the poetic instructions at the top of the form.

You can have students fill out the online form on laptops or hand out printed copies of the form (both linked at the top of this curriculum.

You can send students home with this assignment or give them time to write in class.
Step 5: Submit!

If students fill this out online, they are all set. We will weave their lines into our upcoming Write YOuR Roots book to be published and released in the Fall of 2022.

If your students fill out forms by hand, collect them and email info@chapter510.org by May 15. We will arrange to come get them!