

Session 2: Inner Vision of a Poet

MATERIALS

1. Literature: “Kabita Aamon” by Al Mahmud
2. Blank sheets of white paper
3. Arts Supplies (Crayons, Paints, sketch pens)

ENERGIZER

Circle of Similarities¹

The group stands or sits in a circle with one person in the middle. The person in the middle says, “I stand on common ground with people who....” and then says something that defines or describes them. Everyone in the circle whom that statement also describes has to leave their spot and switch with someone else, and the person in the middle finds a spot in the circle. The person left in the middle starts again. This game can be made as deep or as silly as desired, depending on the statements people make.

DISCUSSION AND ACTIVITIES

1. Ground Rules and Contract – Discussion and Activity

- Discuss importance of functioning as a community. (Self-respect/mutual respect)
- Talk about how Kalam is about sharing ourselves through writing with each other. It is important to start out with a shared understanding of how we will respect each other and our ideas.
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- Brainstorm Ground Rules (Do this on a Chart paper). Write out all the ground rules every participant comes up with.
- After all ground rules have been explored, vote on each of them as a group.
- Write all finalized rules on a new piece of Chart paper. Have all participants sign the paper. This is Kalam’s contract.

Some Ground Rules Kalam should include:

- Don’t laugh at each other’s art, ideas, thoughts, etc.

- During Poetry Sharing Session, give full attention to the poet.
- Be open to constructive criticism (in order to ensure improvement of poetic craft.)
- Cell Phones Off
- Before saying something negative about a poet's work, say something positive.

2. The Writer's 1st Step: Know Yourself -- Discussion

Where does poetry come from? Poets write from their hearts about what they deeply care about or about what deeply affects them. But sometimes we don't even know what is in our hearts because too often other people tell us what should be important to us. Explain to the group that the first step a writer needs to take is to revisit their heart and see what is hiding, lurking, beating inside. It is a poet's job to know the interior of her heart.

3. Heart Mapping² [Minimum 30 minutes]

[Note to Facilitator: Heart Mapping will allow the poets to visualize and concretize what they really care about, as well as, help sharpen their inner vision.]

1. Pass out blank sheets of paper and plenty of art Supplies.
2. Tell the group that they are to make a map of all the important things that are in your heart – visible and invisible.
3. Keep this activity as an in-session activity.

Thing to include in activity:

- Memories
- People Places
- Things you love to do
- First time you learned something
- First time you realized something
- Trips/Holidays

Questions/Prompters to instigate heart mapping:

- What has really affected your heart?
- What people have been important to you?
- What are some experiences or central events that you'll never forget?
- What happy or sad memories do you have?
- What secrets have you kept in your heart?

- What small things or objects are important to you – a tree in your back yard, a trophy, a stuffed animal?

Something to Consider as Maps are being created:

- Should some things be outside of the heart and some inside?
- Do you want to draw more than one heart --- good and bad; happy and sad; secret and open --- and include different things inside each heart?
- Do different colors represent different emotions, events, relationships?

4. Sharing Heart Maps

Go around the room and ask participants share parts of your heart map – parts that you feel comfortable sharing.

ENERGIZER (OPTIONAL)

All participants stand in the middle of the room and facilitators announce two contradicting/opposing/dissimilar statements (Night/Day or Auto/Bus or Bus/Telephone Booth or Blue/Red). In a split second, the participants decide which statement resonates true to them run to the opposite sides of the rooms, each side representing a statement as designated by the facilitator.

POETRY SHARE

1. Read aloud “Kabita Aamon” by Al Mahmud. Pass out copies to participants.
2. Ask the group how they feel after hearing/reading this poem? Do they seem images, feel sensations from the writer’s heart in the poem?

CLOSING ACTIVITY

Check-Out

Go around the room and ask the group to “sign” how they felt about this session. Thumb up, Great Session. Thumbs Down, Bad Session. Thumbs Sideways, So-so session.

¹ Explanation taken from “Group Games” provided by Pipeline Project, University of Washington

² From Heard, Georgia. Awakening the Heart. Page 108

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