

BIOPOEM ACTIVITY

This is a great activity for children, adolescents and adults.

Write bio poems following this format:

Line 1 – First Name

Line 2 – Three traits to describe yourself

Line 3 – Relative of...

Line 4 – Who feels...

Line 5 – Who fears...

Line 6 – Who needs...

Line 7 – Who gives...

Line 8 – Who would like to see...

Line 9 – Last Name

A variation of the bio poem:

I am _____

I wonder _____

I hear _____

I see _____

I want _____

I am (same as first line)

I pretend _____

I feel _____

I touch _____

I worry _____

I cry _____

I am (same as first line)

I understand _____

I say _____

I dream _____

I try _____

I hope _____

I am (same as first line)

<http://www.tlcinstitute.org>

This information is made available courtesy of The National Institute for Trauma and Loss in Children (TLC), a non-profit 501(c)3 program of Children's Home of Detroit (CHD). If you have questions that you would like to ask our TLC Certified Trauma Specialist on staff, or would like a recommendation for a TLC Certified Trauma Specialist in your area, please call TLC toll-free at 877-306-5256 or email us at steele@tlcinst.org