

portrait poetry

Portrait poems or “I Am” poems are a great way to explore who you are through writing! Fill out the boxes below to start brainstorming, then put it all together on the last page! You can even write from the perspective of another person, or imagine yourself in a different time period or country you’ve learned about in class.

step 1: brainstorming

I am...

kind
thoughtful
silly

list some adjectives or defining features
that describe you



I wonder...

i wonder why...
i wonder how...

what are some things that make you curious?

I hear...

the beeping of a microwave
a stampede outside my window

describe some real or imaginary sounds



I see...

write or draw some real or imaginary things



I want...

something you wish you had

to meet new friends!



I pretend...

describe a time you have pretended to do or be something else

to do my homework
to be somebody else

I feel...

describe an emotional or physical feeling

lonely but excited
warm and cozy



I touch...

list some real or imaginary objects

the rough bark of a big tree
a scaly snake



I worry...

what makes you stressed or nervous?

about my grandparents' health
that my friends don't like me

I cry...

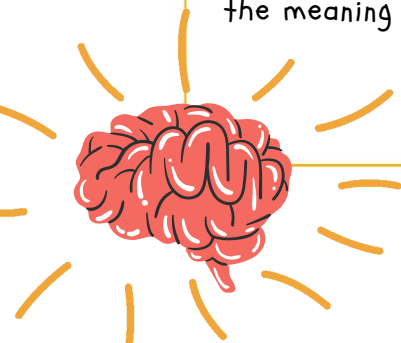
describe a thing or memory that makes you sad

when I think about my cat passing away
that Hannaford is out of my favorite cereal

I understand...

list some things that are true

that my family loves me
the meaning of life...



I say...

a catchphrase or something you believe in

dogs are better than people
we all have the potential for greatness!



I dream...

some interesting dreams or thoughts

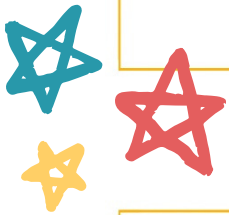
of world peace!
of a three-eyed rainbow cat



I try...

what do you put a lot of effort into?

to understand other people
to do my best in school



I hope...

list some of your hopes

that my parents are happy
for a peaceful future





step 2:
write your poem!

Now, it's time to put it all together! Using the words and phrases from your brainstorming, fill in each line to complete your poem! Repeat the "I am" line at the end of each stanza to see how it changes throughout the poem!



My name is _____

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 _____

I am _____

