

No Gravity Session 1

1. Who am I? A brief history
2. Why did I choose to do a workshop?
3. What made you choose to take this workshop?
4. 5 minute freewrite? Purpose of the freewrite?
5. Discussion: What makes poetry engaging?
6. Exercise: Describe it

- I was so nervous, my hands felt like.....
- I was so angry, my whole face turned into...
- My smile was wider than...
- Today was...
- Tomorrow is...

7. Watch and deconstruct  Sherrika Mitchell - "I'm 31" @CharmCitySlam (Oct. '24)

8. Personal Narrative Exercise:

Think of a moment that was really impactful (could be a positive or negative experience). Something that changed the way you think about the world, surprised you or an experience that seemed small at the time, but had a huge impact on you.

Layer 1. Tell us the story in 50 seconds or less. What happened? Where did it happen? Who was there?

Layer 2. Reflection. How did it impact you? How do you feel about what happened?

Layer 3: What did you learn? Why is this important? What do you want people to walk away with?

Example: Javon Johnson "Cuz He's Black"

http://youtu.be/u9Wf8y_5Yn4