



We all have a story to tell. But where do you begin? “I am from” is an exercise to help ground yourself in your personal experiences. Either individually or in a group, take 10 minutes to sit with this prompt to develop a story of where you are from. When you are done, read aloud to one another and watch your stories come alive.

I am from...

Adapted by Levi Romero

Inspired by “Where I’m From” by George Ella Lyon

I am from _____ (an everyday item in your home)
from _____ and _____ (products or everyday items in your home)
I am from the _____ (description of your home)
_____ (a detail about your home — a smell, taste, or feel)
I am from the _____ (plant, flower, natural item)
The _____ (plant or tree near your home)
whose long gone limbs I remember as if they were my own.

I’m from _____ and _____ (a family tradition and family trait)
from _____ and _____ (family members)
I’m from _____ and _____ (family habits)
and from _____ (family habit)

I’m from _____ and _____ (things you were told as a child)
And _____ (a song or saying you learned as a child)
I’m from _____ (family tradition)
I’m from _____ (place of birth) and _____ (family ancestry, nationality or place)
_____ and _____ (family foods)
From _____ (a story about a family member)
_____ (detail about the story or person)
_____ (description of family mementos — under my bed, on the wall, in my heart)