



Performance poetry

Spoken Word Poetry
Workshop with Asante Miya

Workshop Overview

- Introduction
- Expectations and Outcomes
- Discussion and I AM... writing prompts
- what is poetry?
- How did the experience shape your identity?
- YouTube Video
- Individual Performances
- Feedback and Final Discussion





Asante Miya

About Me

- Passionate Spoken Word Artist
- Host and Event organizer
- Interviewed on BBC Radio
- Winner of a Jubilee Award for Inspirational individual

Fun Fact: I am a Zulu man (South Africa)

Expectations of Me:

- **I promise to respect each and every one of you.**
- **I promise to listen to you**
- **I aim to be honest**

Expectations I have of you:

- **BE Respectful to your peers.**
- **Aim to share even if its challenging**
- **Try your best !**

Outcomes:

- **You will leave with something tangible (poem)**
- **Increased self expression**
- **Understanding your own unique voice.**

**Expectation &
outcomes**

Brief challenge

if you were stranded on an island and you were only allowed 3 items which would they be and why?

Discuss in groups

Is everything
clear **so far?**

Feel free to make this an open
discussion for questions or
clarifications if needed

What is Poetry to **you**?

literary work in which the expression of feelings and ideas is given intensity by the use of distinctive style and rhythm; poems collectively or as a genre of literature.

Elements of Spoken Word

- Performance: Movement, Vocal inflection, Gestures
- Rhythm: Cadence
- Personal experience
- Social commentary
- Storytelling
- Tonality



Ignore Those who are scared of your potential those who snigger while you figure your path , ignore when they try to bring out the past in you what matters in not what you are called but what you answer to.



**Round, 'round we go
And it's down, down we fall (Follow
the leader, follow the leader)
'Round, 'round we go (Follow the
leader)
If we're dying on the inside, how we
gonna live right?**



**It's like I'm happy for a minute then
I'm sad again / Until my fans, the
reason I could get to this / You're
the drug, my instrumental, my
therapist"**



What I feel

Write a poem that begins with the phrase "I am..." and list all the different roles, labels, and identities that make up who you are.

Write a poem about a time when you felt like you didn't belong or were misunderstood by others. How did that experience shape your identity?

Task

Write a poem that explores the relationship between your cultural or familial background and your personal values and beliefs.

As you write, remember to let go of any self-judgment and write freely. There is no right or wrong way to express yourself through poetry. Once you have completed these initial prompts, we will move on to refining and improving your writing.

Is everything
clear **so far?**

Feel free to make this an open
discussion for questions or
clarifications if needed

Watch
this video

[https://youtube.com/watch?
v=dBa4W1z58M&feature=share](https://youtube.com/watch?v=dBa4W1z58M&feature=share)

Comprehension Questions

What lines were your favourite?

Question 01

What metaphors did you catch?

Question 02

Do you relate any particular lines?



Feedback questions

what were the common themes between our pieces?

As much as we are individual, we share struggles even when they are not visible.

How would you improve if you were given more time?

The beauty about poetry is that you are able to reflect later and learn new things about yourself.

Is it difficult to ask yourself these questions when alone?

Spoken word is a space to explain your point of view to others and sometimes only 1 or 2 people will understand. The point is you understand yourself first.

Summary of Today's session



Recap 01

creating a story using personification can be an easier to communicate how you feel



Recap 02

Writing is a healthy way to release without judgement



Recap 03

When you hit a wall there are techniques to always bring you something beautiful



Recap 04

try not to expect anything from your writing, Poetry and Spoken word is about being in Flow

**Thank you for joining
today's session.**

Many thanks to you all, to Romario and Gabriel, for the Granville for giving us the space and to all of you for participating and opening up so wholeheartedly.