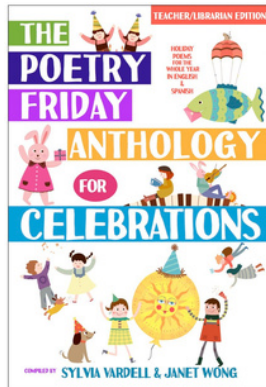


# Who Am I? by Margarita Engle

## Take 5: Poetry Brain Breaks



Poetry can bring comfort and joy, reduce stress, and increase language learning. And it's fun!

Our brain breaks have everything you need to share poetry one-on-one or as a group.

Thanks to our friends at [Pomelo Books](#), publishers of *The Poetry Friday Anthology for Celebrations* and more.

## Take a 5-minute poetry brain break!

Watch the [video read-aloud](#) with children at home or in your classroom. Follow along with the poem on the next pages — in both English and Spanish.

[National Hispanic Heritage Month](#) is celebrated in the United States from September 15 through October 15. It honors people of many backgrounds and cultures, including Mexican, Guatemalan, Puerto Rican, Salvadoran, Cuban, and many more.

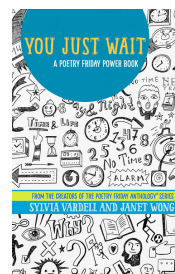
Any time of year, have fun together with the conversation starters and activities included in this packet!

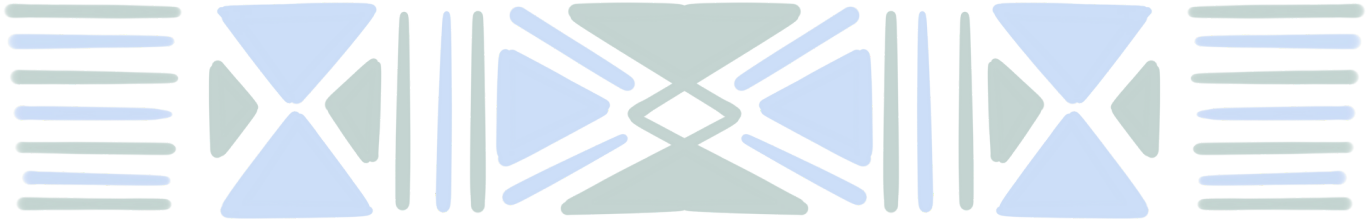


Pomelo  
Books

## Want more?

For more poetry fun,  
visit [PomeloBooks.com](#).





## Who Am I?

by Margarita Engle

Each time I have to fill out a form  
that demands my ethnic origin, I try  
to do the math. Half this, half that,  
with grandparents who were probably  
half something else, or maybe  
a quarter,  
or an eighth.

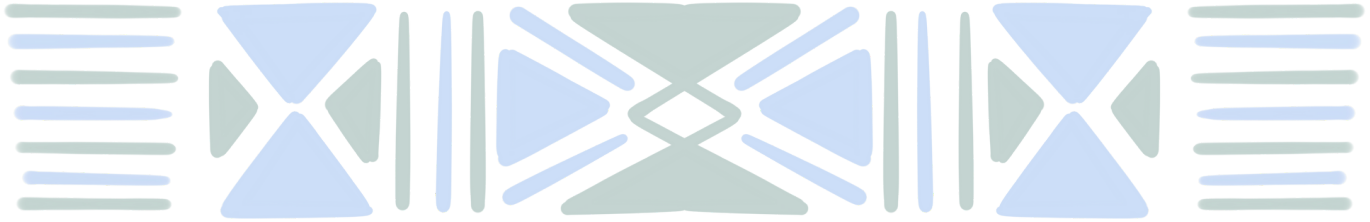
Why do forms always ask  
*what* I am, instead of asking  
*who*?



Poem © 2013; 2018 Margarita Engle from *Great Morning: Poems for School Leaders to Read Aloud* by Sylvia Vardell & Janet Wong. PomeloBooks.com



Find more poems from Margarita, and others at [PomeloBooks.com](https://PomeloBooks.com)



## ¿Quién soy?

por Margarita Engle

Traducción de Alexis Romay

Siempre que tengo que llenar un formulario  
que me obliga a declarar mi origen étnico,  
intento hacer cálculos. Mitad esto, mitad aquello,  
con abuelos que probablemente fueron  
mitad otra cosa o tal vez  
un cuarto  
o una octava parte.

¿Por qué los formularios siempre preguntan  
*qué soy* en vez de preguntar  
*quién soy*?

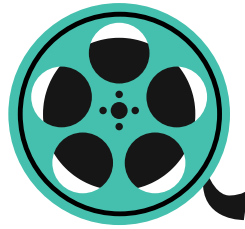


Poem © 2022 by Margarita Engle (Traducción de Alexis Romay) from *Great Morning: Poems for School Leaders to Read Aloud* by Sylvia Vardell & Janet Wong. PomeloBooks.com

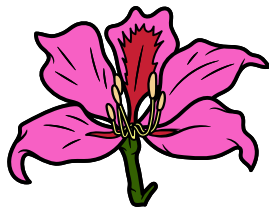


Find more poems from Margarita, and others at [PomeloBooks.com](https://PomeloBooks.com)

# Poetry Brain Break

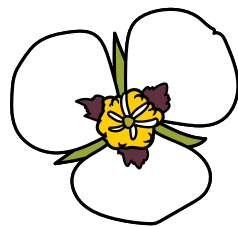


Watch the video to hear the poet Margarita Engle read her poem in both English and Spanish.



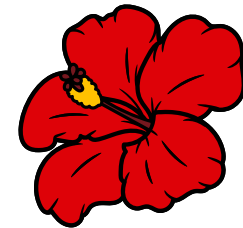
## Try this!

Margarita Engle was the Young People's Poet Laureate from 2017-2019. Look for one of her books (below) at your local library.



## Try this!

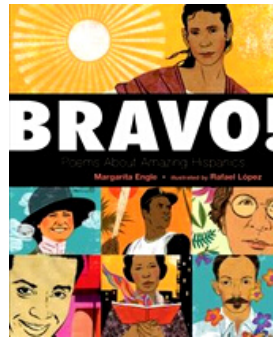
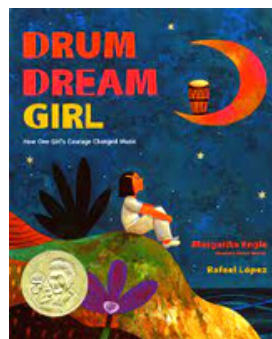
Write a poem that describes who you are and what you want people to know about you.



## Try this!

Explore your own cultural heritage. How does your family's background and where you live now influence who you are?

### Books by Margarita Engle



# Who You Are Matters!

With the help of the prompts, fill in the identity map on the next page.



1. **Add a photo** or draw a self-portrait in the center.



2. **Fill the circle** with words, drawings, or photos that describe you.

- Age
- Gender/pronouns
- Strengths
- Physical attributes
- Culture and/or religion
- Role(s) in your family
- Fears and dislikes
- Goals and dreams
- Interests and hobbies
- Beliefs and values

Choose as many as you like and add your own!



3. **Circle the item** on your identity map that is most important to your sense of self.

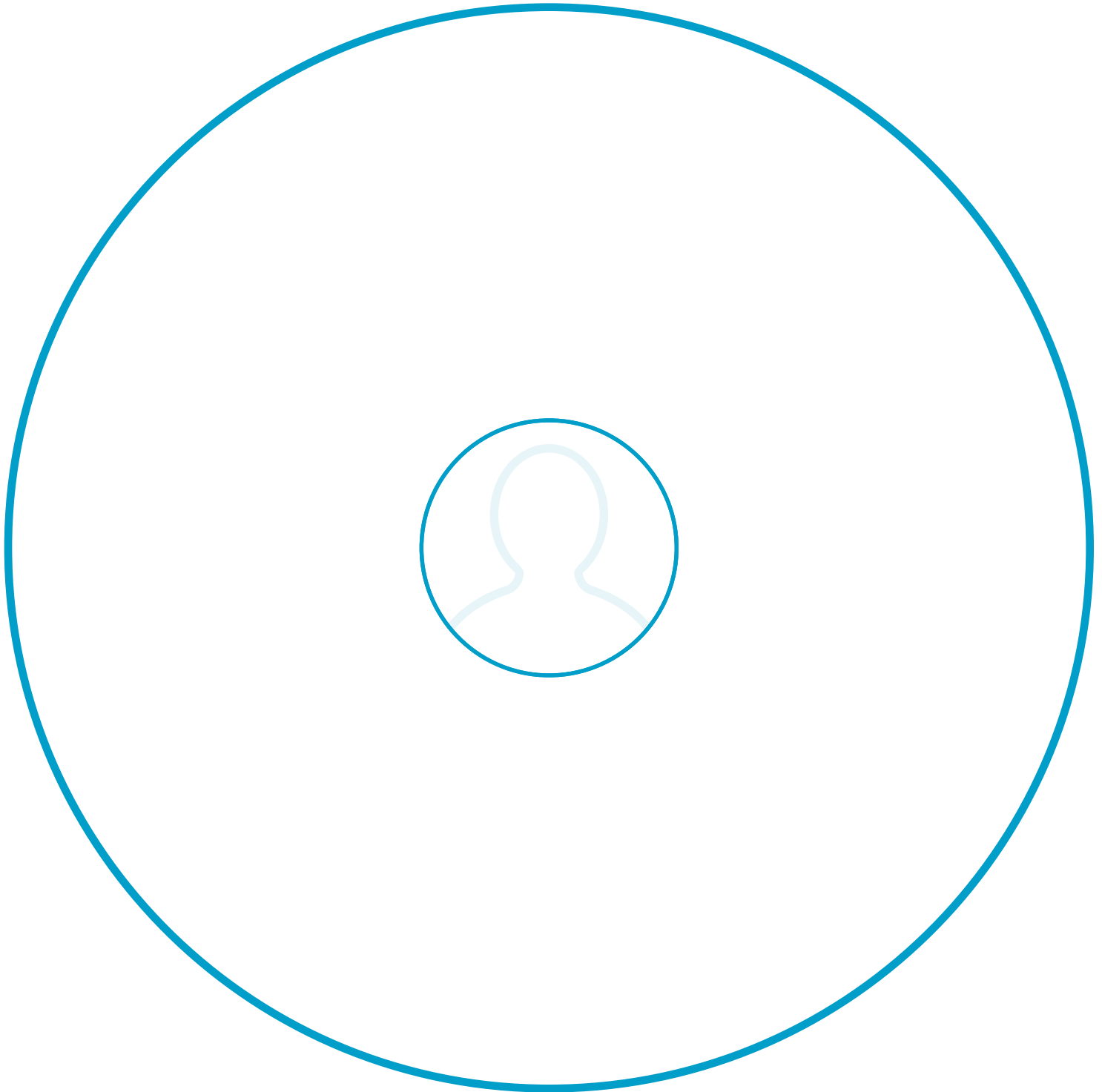


4. **Add a star** by the ones that you want others to know more about.



5. **Share your map with others** to find out what you have in common and what makes you unique!

# \_\_\_\_\_’s Identity Map



# ¡Quién eres importa!

Con la ayuda de la lista de categorías, rellene el círculo con las palabras que le describan.



**1. Añada una foto** o dibuje un autorretrato en el centro.



**2. Llene el círculo** con palabras, dibujos o fotografías que lo describan.

- Edad
- Género/pronombres
- Puntos fuertes
- Atributos físicos
- Cultura y/o religión
- Rol(es) en su familia
- Miedos y aversiones
- Objetivos y sueños
- Intereses y pasatiempos
- Creencias y valores

Escoja tantas categorías como quiera y añada las suyas propias.



**3. Encierre en un círculo el elemento** de su mapa de identidad que sea más importante para su sentido de sí mismo.



**4. Añada una estrella** junto a los que quiera que los demás conozcan mejor.



**5. Comparta su mapa con los demás** para descubrir qué tienen en común y qué lo hace usted único.

# Mapa de identidad de \_\_\_\_\_

