**Writing and Performing Spoken Word**

**by Shakara Wright**

1. Introduce myself and what I am teaching during this class; writing and performing a spoken word poem. Give the definitions of a poem and spoken word, talk about the difference between the two. (5 minutes)

* **A poem** is a piece of writing that partakes of the nature of both speech and song that is nearly always rhythmical, usually metaphorical, and often exhibits such formal elements as meter, rhyme, and stanzaic structure.
* **A Spoken word poem** is poetry intended for performance, it can use or contain elements of rap, hip-hop, storytelling, and theater is characterized by rhyme, repetition, improvisation, word play and community. The greatest difference between the two is that spoken word is meant for performance and poems are usually meant to be read.

2. Perform a monologue for the viewer that encourages them. (2 minutes)

I look at you and I see everything I know you can be

I see kings and queens with the universe at their feet

I see scholars and other types of humans with honor

People I’d love to meet

Specialties, Skills, and riches divine

Are all the things I know you’ll find

I’m gonna tell you the truth and it’ll be surreal

Imagine what you want for yourself

Believe and you’ll have it but here’s the deal

Work hard learn something new everyday

A powerful mind can never be taken away

You’re what God planned and I want you to stay

I want you to see yourself

Have you seen you?

No matter what you think you’re somebody’s dream come true

The skies love to smile at you

There’s nothing you can’t do

There’s not a place you can’t see or a person you can’t be

Seeing you inspires me

I wanna be the sparks flying at the end of your shooting star

I wanna be the air under your wings

It’s already inside you the strength to do all things

I hope you believe me

3. Give viewers a prompt to write their own spoken word.

**Prompt: Write a poem describing who you are and what you want the world around you to look like.** *(Let them pause the video here so they can take as much time as they need or the teacher allows.)*

**4.** Guide a physical and vocal warm up that will prepare their body and voice for performance. (10 minutes) Check in with your body → does anything hurt? How do you feel?

* Look up down left right
* look up and roll down touch toes/floor/far as you can go
* hang for a bit/relax
* roll back up
* Roll shoulders back then forward 3 times
* Roll wrists both ways
* Arm over head stretch both sides
* massage your entire face tapping and rubbing fingers into your nose, cheek bones, eyebrows, forehead
* massage jaw line roll end of hands down your jaw relax your jaw, believe in yourself hold chin and shake jaw breathing out your mouth do the same on voice
* shake jaw
* stretch tongue stick tongue out up,down, left, right, circle, touch nose, touch chin, circle both ways
* Lip trills
* Vocal warm up

Go through your voice from bottom to the top with movement and these sounds:

**Zoo-Woah-Shaw Vocal Warm Up**

* **zoo**(lowest part of your voice, touching your toes)
* **woah** (a little higher, flowing out of the bottom of your stomach)
* **shaw** (a little higher, pull from your stomach)
* **gah** (deep chest sound, popping your hands at your chest)
* **ma** (Swiping your hands on your collar bone)
* **fuh** (Breathy sound)
* **hurr** (mouth sound, should feel lips buzzing a little)
* **bah** (High pitch sound exploding hands from cheeks)
* **day** (higher sound, flat open hands finger tips coming from cheek bones)
* **pay** (Slightly nostral high pitched sound, crying/wiping eyes motion)
* **ki** (second highest part of your voice, make the thumbs up sign and put your thumb nail on your forehead and move it forward then back to your forehead)
* **ray** (highest part of your voice, pat your head and jump up when your take your hand off your head)

**Tongue twisters**

* Billy Button Bought a bunch of beautiful bananas
* Dirty Donald died a dastardly drunken death
* Giddy Goddesses gather together and gossip in garrulous groups

**5.** Give tips and more encouragement to share their spoken word poem with their community. (1 minute)

* Keep your feet planted on the ground if you choose to stand as you perform. Feel the earth supporting you and know you have every right to say what you are about to say.
* Project your voice (speak loudly and clearly) to make sure that your audience can hear you. Articulate so your audience can understand you.
* Stand up tall with your shoulders back and hold your paper low enough that you can read it and the audience can still see your face if you read your piece.