

Write a song or poem!

Instructions

1. **Decide if you will write** a song (add your own music) or a poem (no music).
2. **Think of someone you admire.** It could be yourself, a family member, a friend, someone from your neighborhood, or you could choose Jackie Robinson!
3. **Think of the qualities of that person** that make you feel that the person deserves to have a song or poem written about them. These qualities might include kindness, hardworking, generous, well organized, funny, friendly, talented, athletic, etc.
4. **Make a list of the qualities** and how the person used the qualities to change something that is wrong or accomplish a goal. Include what the person did to try to change what was happening.
5. **Write sentences using your key words.** You can use this template to write your song or poem.
6. **If you are writing a song:**
 - Try to make the last word of every sentence or line, or every other sentence, rhyme.
 - Choose what style of music you'd like your song to be (jazz, pop, rap, your own style, etc.)
 - Use kitchen items such as a pot or pan to add a drum beat or fill a container half-way with dry beans, rice or small pasta, cover it, and use it as a shaker.
 - You can also use your body as an instrument—clap your hands, slap your thighs, and stomp your feet to get your beat going!
7. **Have an adult help you post a photo or video** of your song or poem on social media and tag [@JRFoundation](#) on Twitter and Instagram or [@JRF42](#) on Facebook.

