



# CREATE YOUR OWN WORKSHOP

LET'S GET STARTED



I AM EXCITED TO GIVE YOUR STUDENTS A TOP-QUALITY WORKSHOP CATERED TO THEIR CURRICULUM, INTERESTS, AND NEEDS!

SINCE YOU KNOW YOUR STUDENTS BETTER THAN I DO, YOU CAN HELP MAKE THIS A LIFE-CHANGING EXPERIENCE FOR THEM!

WHAT YOU CAN DO

1. BE SPECIFIC
2. PRIORITIZE
3. GET INVOLVED



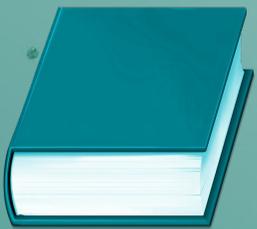
# 1

# BE SPECIFIC



THE MORE YOU CAN TELL ME ABOUT YOUR CLASS, THE BETTER I CAN CATER THE WORKSHOP TO THEIR NEEDS.

## SOME HELPFUL QUESTIONS



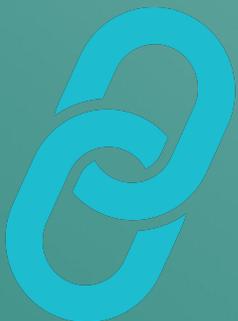
### WHAT IS THEIR GRADE / ABILITY?

Are there 2nd language learners in the group? Hearing loss? Do you offer classes in French / Spanish? I can accommodate different needs with things like poetry captions, lyric videos, translated poems, etc.



### WHAT IS THEIR LEARNING STYLE?

In general, does your group prefer visuals, music, rap, live performance, video, or any other delivery method? Are they shy or outgoing? Is there a fad/trend in the class (ex: a certain rapper / artist) that I can work into the presentation?



### CAN I PUT THIS INTO CONTEXT?

What is the curriculum that I am fitting into? Can I incorporate literary terms, references to authors / poets, or any other concepts that you have discussed in class? If you'd like me to riff off of anything you've said in class, let me know and I will highlight those points.

# 2

# PRIORITIZE



TIME FLIES WHEN YOU'RE HAVING FUN! MAKE SURE YOU HAVE CLEARLY STATED YOUR TOP PRIORITIES SO THAT WE CAN FIT THEM IN! THE WORKSHOP CAN EXPAND OR CONTRACT BASED ON PARTICIPATION, LAUGHTER, QUESTIONS, AND A PLETHORA OF OTHER THINGS, SO WE HAVE TO PLAN FLEXIBLY.

## TOP 2

ESPECIALLY FOR SHORTER WORKSHOPS, LIMIT YOUR TOP PRIORITIES TO BE SURE THAT WE FIT THEM IN!

## WISH LIST

ANYTHING ASIDE FROM YOUR VERY TOP PRIORITIES ARE YOUR "WISH LIST." THEY WOULD BE GREAT TO HAVE, BUT CAN BE REDUCED / ELIMINATED IF TIME DEMANDS IT.

## EXTRAS

AFTER YOU'VE CHOSEN YOUR ESSENTIALS AND YOUR WISHES, YOU CAN SELECT A FEW MORE ACTIVITIES TO USE AS FILLERS IF - IN RARE CASES - THERE IS EXTRA TIME.

# 3

# GET INVOLVED

BEFORE AND DURING THE WORKSHOP, THERE ARE GREAT WAYS TO SUPPORT AND BUILD YOUR RELATIONSHIPS WITH YOUR STUDENTS.



## SOME HELPFUL STRATEGIES



### SPLIT THEM INTO GROUPS IN ADVANCE

Are there students who need extra attention? Is there a certain group I should work directly with in the workshop portion? Are there certain students who have trouble working together? Is there a language learner who can be paired with another student who speaks the language?



### PUMP THEM UP

The more hype that surrounds this event, the more likely they are to be receptive and excited. In the past, teachers have had a beatnik dress code, a potluck-style “poetry cafe,” and have played one or two of my poems on youtube to increase the energy and anticipation for the event.



### BE A PART OF THE EXCITEMENT

Especially for larger groups, it may be impossible for me to work individually with each student. If we each interact with a part of the group, rotating to different areas for longer workshops, it can be a great opportunity for you to work with those students who may not always get individual attention. For larger groups, having extra teachers / parents may increase individualized attention

# WORKSHOP CATALOGUE



A FEW EXAMPLES  
OF WHAT WE  
COULD DO WITH  
YOUR CLASS!

## activities



### POST IT POETRY

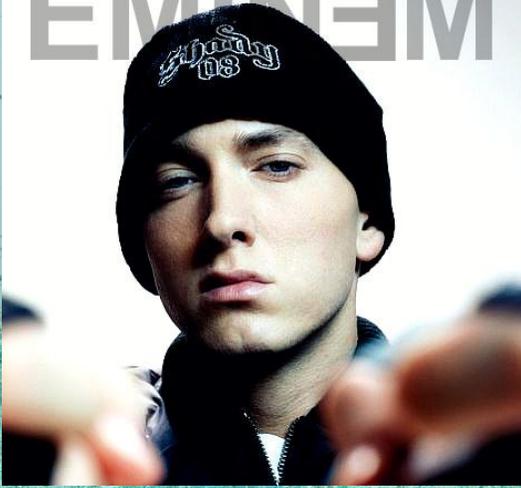
Students are given writing prompts to create personalized metaphors and similes

### RAP ICEBREAKER

In pairs, students ask each other questions and write an 8-line rap about each other.



# EMINEM



## EMINEM CHALLENGE

To explore vowel rhymes and near rhymes, students study the song “Lose Yourself.” Next, they embark on a series of speed rounds to see which group can come up with the most rhymes for multi-syllable words.

## POETRY TABOO

To practice imagery and introduce the creative writing rule of “show, don’t tell,” students are asked to describe certain feelings or ideas without saying the word. Ex: “I am cold” becomes “Her arms became riddled with goosebumps as her breath hung in the air.”



## 1 SENTENCE 4 WAYS

To see the effects of tone, dynamics, emphasis, pacing, emotion, gestures, and expression, groups of 4 are asked to each say the same sentence in a different way.



## OPEN MIC

Equally an exercise in audience participation as in performance practice, students have a chance to share their work and cheer each other on, learning how to build community and confidence.



# performance prep

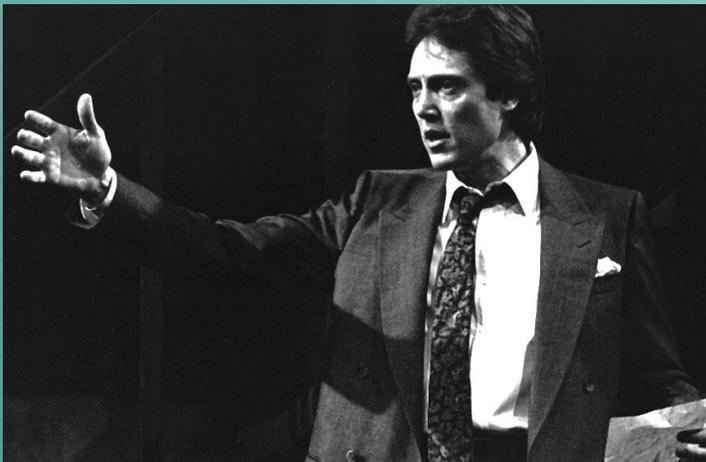


## GUIDED MEDITATION

Students are walked through a breathing and body relaxation exercise to reduce performance anxiety.

## PERFORMANCE STRETCH

To expand the range of motion and increase comfort of performance, students are guided through a series of arm circles and body expansion exercises.



## FULL RANGE OF MOTION

Using the lyrics of a pop song of their choice, students are challenged to fully extend upwards, downwards, and to either side through the course of their reading.

## VOCAL WARM-UPS

Tips, tricks and live exercises on how to warm up the voice before a performance.



# presentation topics



## MY STORY

How I got into spoken word, and how anyone can work their way up to making their passion their career.

## WRITE YOUR WAY

Students are taught a 4-step process to write poetry that suits *their* individual tastes:

- 1) Research
- 2) Goal set
- 3) Write
- 4) Self-evaluate



## SETTING SPECIFIC GOALS

Help students set individualized goals by introducing 7 aspects of poetry: language, rhythm, pacing, sound, presentation, mood, and message.

## POETRY TASTE TESTER

A speed-style preview of lesser recognized forms of poetry. From math to instagram, post-its to the top 40s, they get a little taste of what's out there.



# NOW IT'S UP TO YOU

CHOOSE YOUR FAVOURITES FROM THE CATALOGUE OR REQUEST SOMETHING TAILORED SPECIFICALLY TO YOU!  
THE MORE YOU TELL ME, THE MORE I CAN CATER IT TO YOUR NEEDS. NO MATTER WHAT HAPPENS, YOU HAVE A GREAT WORKSHOP COMING TO YOUR SCHOOL!

## contact



IF YOU HAVE ANY ADDITIONAL QUESTIONS OR REQUESTS, PLEASE DON'T HESITATE TO CONTACT ME OR MY MANAGER AT  
[MIRANDAKROGSTADBOOKINGS@GMAIL.COM](mailto:MIRANDAKROGSTADBOOKINGS@GMAIL.COM)

I LOOK FORWARD TO COMING INTO YOUR SCHOOL!