

# BEEing Expressive Workshop

I first informed the audience about spoken word poetry. Spoken word poetry is a medium of expression that involves one part performance and of course one part poetry.

I then ensured the audience that anyone can become a spoken word poet. The purpose of spoken word poetry is to BEEcome more expressive with yourself.

Next, I asked the question: "Why and when be expressive?" I shared, "There is a fine line between annoying expressive people and the controlled expressive ones. I believe that being vocal is a jewel and because it is a jewel, I wouldn't like to flash it too much. I am expressive because I like my words to be meaningful."

To top it off and to inspire the audience to write, I share a poem. I copied the poem below.

I sweat for you Key Club  
I sweat for you so much that my  
Anti perspirant deodorant  
Does not work

I sweat for you Key Club  
When I make my newsletters  
And they don't come out as  
Beautiful as I would like to think  
Because the graphic standards colors  
Don't include purple and pink

Yes. Key Club I sweat for you  
When I am out  
When I am home  
Because Key Club you are like the  
Travelocity travel gnome

Everywhere. In my head. On my desk.  
Everywhere. In my heart. In my mind.  
Everywhere!

They ask me if I am tired  
They can tell from my red eyeballs  
And sleep talks  
And slight body odor  
"No!" I can only say  
Key Club you must be tired  
Because you have been running  
Through my mind all day

In the end,  
Wow, Key Club I love you  
Only for you Key Club  
I would sweat for you  
And of course for each  
And every one of you.

To conclude, I have volunteers share their thoughts. If the audience is quiet I have them jot little anonymous notes down. If it is an especially moving crowd, there will be heartfelt messages shared at the end.