

Breaking Bread

Poetry & Language



Set up

- Set aside 30 minutes
- Prepare the kitchen table for the session
- Print out these instructions
- Gather materials:
 - Bread (Fresh and warm if possible)
 - Notebook or Blank paper
 - Pen/pencil

Consciously Breathe

- Look your partner in the eyes and say, “Let’s breathe together”
- Take three deep inhales and exhales together

Sing and Move

- Ask the person what is a song they like to sing. Ask if they would like to help you sing the song. Begin to sing the song.
- Begin to make up easy movements to go with the song.
- Invite your partner to mirror your gestures.
- Repeat the song without the lyrics (use la-la-la) and enlarge the gestures.

Call and Response

- Say the words below and have your partner repeat after each line
- Start by saying, "I want to share a little poem with you. A *dicho*.

*Pan es pan, queso es queso
No hay amor, si no hay un beso.*

*Bread is bread, cheese is cheese
There is no love without a kiss.*

Create Together

- Say the dicho again this time adding:

*Pan es pan, queso es queso
No hay amor, si no hay un beso.
Beso, beso, beso...abrazo!*

*Bread is bread, cheese is cheese
There is no love without a kiss.
Kiss, kiss, kiss...hug*

At the end of the poem throw your arms open and give the person a big hug.

Begin to share the bread. Breaking it open, smelling it, tasting little bites.

- Begin to ask a series of questions around the bread. How does it smell? How does it taste? How does it make you feel to hold the bread? Guide the person to imagine they can speak to the bread. What would they say to the bread? What would the bread say to them? Talk about how this is a creative, maybe even crazy way to think, but it can be fun to have a conversation with bread. What do we thank the bread for? What advice would bread give us? Is there anyone we would like to share the bread with?
- Write down the person's answers to the questions. These become the lines of the poem. If possible write the exact words and phrasing they use, this will help strengthen the poem.
- You may also answer the questions as a way to prompt the person. This may feel like a discussion and their answers should guide the questions.
- Once you have a number of answers and are feeling the poem is complete, you may say, "I think we have our poem."

- Perform the newly created poem using “call and response.”
- BONUS: add movement as you say the words of the poem.

Celebrate Each Other

- Positively acknowledge a moment of accomplishment
- Examples “The words you said about the bread really moved me,” “I loved sharing bread with you.”
- Savor the moment