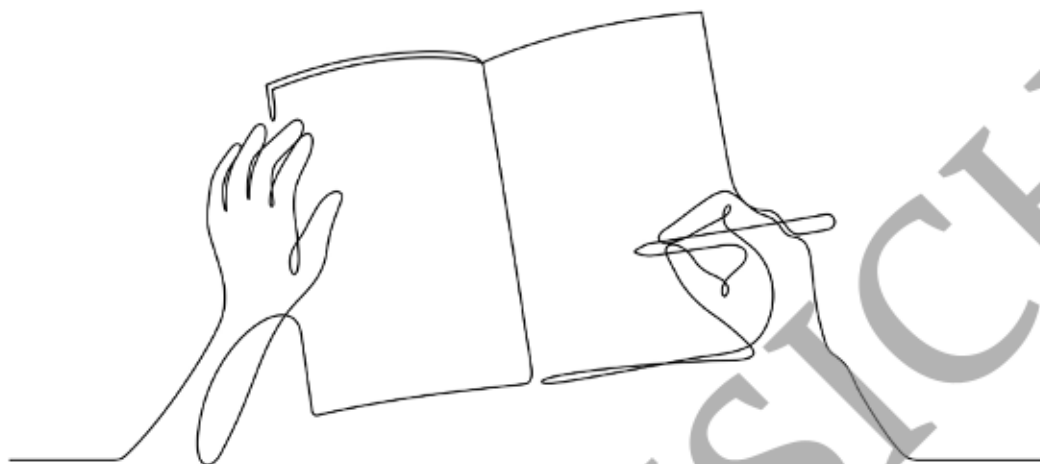


I.C.4.4

Lektüren, Lieder, Sachtexte – Poems and Songs

Lyrik (er-)finden und Kreativität fördern: Lernen mit Gedichten von Rupi Kaur – Poetry pages

Sarah Beder



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In dieser lebendigen Unterrichtseinheit entdecken Ihre Schülerinnen und Schüler die Vielfalt und Ausdruckskraft moderner Lyrik. Sie lernen deren zentralen Merkmale und Formen kennen und hinterfragen diese kritisch. Dabei beschäftigen sie sich intensiv mit der zeitgenössischen Instagram-Lyrikerin Rupi Kaur. Sie setzen sich mit Kaur's literarischem Stil auseinander, lesen ausgewählte Gedichte und analysieren Themen, Sprache und Stilmittel. In *creative writing tasks* schreiben die Lernenden eigene Gedichte im Stil Rupi Kaur's. Zum Abschluss reflektieren sie über die Bedeutung moderner Lyrik. Die Unterrichtseinheit fördert die Kreativität, das Sprachbewusstsein und das gesellschaftliche Denken Ihrer Klasse – perfekt für einen engagierten und zeitgemäßen Englischunterricht.

KOMPETENZPROFIL

Klassenstufe/Lernjahr: 9/10 (G8), 9–11 (G9); 5./6. Lernjahr

Dauer: ca. 8–14 Unterrichtsstunden

Kompetenzen: 1. Kommunikative Kompetenz: Gedichte schreiben und präsentieren; 2. Text- und Medienkompetenz: Instagram-Poetry analysieren; 3. Sprachliche Mittel: Stilmittel kreativ nutzen; 4. Interkulturelle und soziokulturelle Kompetenz: Themen wie Identität und Empowerment analysieren

Thematische Bereiche: *poems, creative writing, identity, love, media*

Material: Video(link), Schreibwerkstatt, Feedbackbogen

Auf einen Blick

1. Stunde

Thema: Discovering poetry in everyday life

M 1 **What is poetry? – Defining the undefinable** / Poesie definieren und eine Mindmap gestalten

Hausaufgabe: mindestens drei Beispiele für Poesie im Alltag sammeln (M 2, task 1)

2. Stunde

Thema: A poetry hunt

M 2 **It's everywhere! – Finding poetry** / poetische Texte aus dem Alltag sammeln und deren Wirkung reflektieren

Benötigt:

- Ergebnisse der *poetry hunt* (Hausaufgabe: M 2, task 1)

3. Stunde

Thema: Creative poetry forms

M 3 **Pattern and Blackout Poetry – The form matters** / kreative Gedichte, bei denen die Form die Aussage verstärkt, gestalten

Benötigt:

- für Blackout Poetry: Zeitungsartikel oder andere Texte

4. Stunde

Thema: Turning point in poetry

M 4 **Pivot poems – When one line changes everything** / ein Gedicht mit Wendepunkt, der Ton oder Bedeutung verändert, schreiben

5. Stunde

Thema: Rupi Kaur

M 5 **Getting to know poet Rupi Kaur – An Instagram star** / Rupi Kaur's Technik, Instagram für moderne, visuelle Poesie zu nutzen, analysieren

M 5

Getting to know poet Rupi Kaur – An Instagram star



Understand how Rupi Kaur uses Instagram as a platform for poetry and how the medium influences the message, style and impact of her work.

Tasks

1. Read the short introduction of Rupi Kaur and underline important facts.

Rupi Kaur is a Canadian poet, illustrator and performer known for her short, emotionally powerful poems. She became famous by sharing her poetry on Instagram, where her simple visuals and direct language spoke to millions. Her first book “milk and honey” became an international bestseller and was translated into 42 languages.

Kaur’s poems often deal with topics like love, trauma, healing, identity and womanhood. She combines words with minimalist drawings and uses lowercase letters, short lines and no punctuation – creating a unique style that feels personal and raw.

2. Read the example of an Instagram poem by Rupi Kaur and look up words that you do not know:

but what is stronger
than the human heart
which shatters over and over
and lives

- rupi kaur



© Rupi Kaur: *the sun and her flowers*. Andrews McMeel. Kansas City 2017, p. 104 ISBN 978-1-4494-8890-1.

3. Discuss with a partner or in small groups:
 - a) What is the message or theme of this poem?
 - b) Why do you think it works well on Instagram?
 - c) How does the visual simplicity (short lines, lowercase, spacing) affect how you read it?
 - d) Do you think this is “real” poetry? Why or why not?
4. Reflect in writing: How is poetry on Instagram different from poetry in books? What are the advantages and challenges of writing poetry for social media?
5. Compare Rupi Kaur’s work with a traditional poet you know and discuss how form, language and audience differ.

Creative writing 1: Empowerment through words – An affirmation poem

M 8



Info box: Affirmation

What is an affirmation? An affirmation is a positive statement that reinforces a belief, thought or idea that you want to strengthen. The power of affirmations lies in their ability to influence the way we think, feel and behave by repeating them regularly.

Characteristics of affirmations:

- Present Tense: Affirmations are written or spoken as if the desired situation or quality is already true.
- Positive language: They focus on what you want to manifest, rather than on what you do not want.
- Personal: They are usually in the first person ("I am," "I can," "I will").
- Short and simple: They are typically concise and easy to repeat.

Examples:

"I am capable of achieving anything I set my mind to."

"I am enough just as I am."

Task

Write an affirmation poem in the style of Rupi Kaur, focusing on self-love, strength and empowerment. Think about what you want to remind yourself of daily.

TIPS:

- Use the "I am" structure (e.g., "I am strong", "I am enough").
- Keep the lines short and positive.
- Create a sense of confidence in your poem.

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**DREAM
BIG**

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