

Name: _____

Teacher Notes

YouTube Links: <https://youtu.be/OE1Up62A32o>

Use the poem "My Belly Is an Ocean" in various ways:

- As a **bell ringer** or **time filler**. Let the video play while you tidy or prep.
- Students can **act out or perform** the poem in pairs and/or to make it suitable for small groups, two students speak the poem while others act out movements suggested by the metaphors.
- To complement or introduce **SEL topics about expressing emotions**. You can use the poem for discussion questions such as: Does your belly sometimes feel like an ocean? In what ways? At what times? How can we calm a belly that feels like an ocean?
- To complement **poetic, literary, or textual analysis** classes. Ask students to identify any poetic techniques in the poem and discuss their effect. Students could also respond to the poem by finding other metaphors to describe how they feel at certain times.
- **Creative writing**: Students create a **response poem** in the form of a potential third voice. If a belly can be a raging ocean and a playful ocean, what other kind of ocean could it be?
- **Creative writing**: In pairs, students brainstorm and choose a different **metaphor** to create a new poem for two voices to express two different kinds of emotions. You can scaffold this as needed (scaffolding examples are below and also in the PPT version found on my website).
- **Assessment note**: If using the creative writing activities for portfolio projects, you can use the scoring methods or rubric to grade them. Or, decide on a grade scheme that aligns with your goals and usual teaching methods.

If you have questions or would like to share feedback, please get in touch:

kimtharrisonwrites@gmail.com

Happy Teaching, Kim x

Name: _____

My Belly Is an Ocean

A poem for two voices by Kim T. Harrison

Voice 1	Together	Voice 2
	Today my belly is	
a raging ocean waves crashing against the shore driftwood hurled on the damp sand		
		a playful ocean waves tickling the shore driftwood dancing on the warm sand
	Today my head is	
a stormy sky clouds fighting with lightning bolts rain drowning out thunder claps		
		a summer sky clouds weaving with airplane streams morning rain refreshing the waking day
	Today my hands are	
wind-bent branches leaves blown to the ground raw twigs clinging to gnarled wood		
		blossom-filled branches leaves bursting to feel the tender breeze twigs reaching to greet long-lived wood
	Today my legs are	
jagged rocks sharp edges warning off birds time-stained granite glaring at the sun		
		silken rocks smoothed edges welcoming resting birds time-savoured granite glowing in the sun

Name: _____

My Belly Is an Ocean
Alternate version, by Kim T. Harrison

Today
my belly is

a raging ocean
waves crashing against the shore
driftwood hurled on the damp sand

a playful ocean
waves tickling the shore
driftwood dancing on the warm sand

Today
my head is

a stormy sky
clouds fighting with lightning bolts
rain drowning out thunder claps

a summer sky
clouds weaving with airplane streams
morning rain refreshing the waking day

Today
my hands are

wind-bent branches
leaves blown to the ground
raw twigs clinging to gnarled wood

blossom-filled branches
leaves bursting to feel the tender breeze
twigs reaching to greet long-lived wood

Today
my legs are

jagged rocks
sharp edges warning off birds
time-stained granite glaring at the sun

silken rocks
smoothed edges welcoming resting birds
time-savoured granite glowing in the sun

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Poem Interpretation: Opinion paragraph writing

1. What is the poem "My Belly Is an Ocean" about? Use the chart below to organize your ideas, then write an opinion paragraph saying what you think the poem is about and why. Remember to include words from the poem. (20 points total)

Opinion statement (1 point)	
First reason (1 point)	
First reason support/example: words from the poem (2 points)	
Second reason (1 point)	
Second reason support/example: words from the poem (2 points)	
Conclusion sentence (1 point)	

(_____/8 points)

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Write your opinion paragraph in the space below, using your chart to help you. What is the poem "My Belly Is an Ocean" about?

[illegible]

(_____/12 points)

Total: _____/20

Name: _____

Creative Writing: Write your own poem in response to "My Belly Is an Ocean"

Fill in the gaps in the template below with your own ideas. Use the original poem as a reference.

Today
my belly is
a _____ ocean
waves _____ shore
_____ sand

Today
my head is
a _____ sky
clouds _____

Today
my hands are
_____ branches
leaves _____
_____ wood

Today
my legs are
_____ rocks
_____ edges _____
_____ granite _____

Total: _____/12

Name: _____

Creative Writing: Write your own poem in response to "My Belly Is an Ocean"

Use the questions below to guide you.

1.) The poem uses an ocean to describe different emotions. What else could a belly, head, hands, and legs feel like? It could be something in the natural environment or man-made. Use the space below to brainstorm – you can draw or write jot notes. (3 points)

2.) Now, decide on one element from your brainstorming above and complete the title of your poem: (1 point)

My Belly Is _____

3.) For your first stanza, think about how this element moves or acts, related to the emotions you want to express. Brainstorm, then complete the stanza template below. (3 points)

Today
my belly is

Name: _____

4.) Continue brainstorming and completing stanzas 2-4 in the same way. (9 points)

Today
my head is

Today
my hands are

Today
my legs are

5.) Write your full poem on the next page. (4 points)

Name: _____

Date	Time	Location	Weather	Notes
10/10/2019	08:00	Forest	Clear	Start of survey
10/10/2019	08:30	Forest	Clear	First sighting of species A
10/10/2019	09:00	Forest	Clear	Sighting of species B
10/10/2019	09:30	Forest	Clear	Sighting of species C
10/10/2019	10:00	Forest	Clear	Sighting of species D
10/10/2019	10:30	Forest	Clear	Sighting of species E
10/10/2019	11:00	Forest	Clear	Sighting of species F
10/10/2019	11:30	Forest	Clear	Sighting of species G
10/10/2019	12:00	Forest	Clear	Sighting of species H
10/10/2019	12:30	Forest	Clear	Sighting of species I
10/10/2019	13:00	Forest	Clear	Sighting of species J
10/10/2019	13:30	Forest	Clear	Sighting of species K
10/10/2019	14:00	Forest	Clear	Sighting of species L
10/10/2019	14:30	Forest	Clear	Sighting of species M
10/10/2019	15:00	Forest	Clear	Sighting of species N
10/10/2019	15:30	Forest	Clear	Sighting of species O
10/10/2019	16:00	Forest	Clear	Sighting of species P
10/10/2019	16:30	Forest	Clear	Sighting of species Q
10/10/2019	17:00	Forest	Clear	Sighting of species R
10/10/2019	17:30	Forest	Clear	Sighting of species S
10/10/2019	18:00	Forest	Clear	Sighting of species T
10/10/2019	18:30	Forest	Clear	Sighting of species U
10/10/2019	19:00	Forest	Clear	Sighting of species V
10/10/2019	19:30	Forest	Clear	Sighting of species W
10/10/2019	20:00	Forest	Clear	Sighting of species X
10/10/2019	20:30	Forest	Clear	Sighting of species Y
10/10/2019	21:00	Forest</		

Total: ____/20

Name: _____

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If sharing this resource with other educators, please include link to my website: kimtharrison.ca and/or my full name, Kim T. Harrison

About Kim T. Harrison

Kim T. Harrison is a writer, poet, and teacher who loves the possibilities of language in all its forms. A certified ESL Instructor with a PhD in contemporary French literature and cultural studies, she has taught English and French language and literature since 1996 in a variety of settings, including universities, language schools, and around her kitchen table. In addition to her teaching experience, Kim worked for over 15 years in the field of corporate communications and copywriting. Born in England, Kim has lived in Canada for almost 25 years, with time spent in BC, Quebec, and Newfoundland, where she currently lives.

Find out more at: **KimTHarrison.ca**

YouTube: <https://www.youtube.com/@KimTHarrison/videos>

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Instagram: @kimtharrison

