



### **Sheniz Janmohamed**

A seasoned spoken word artist with 10 years of performance experience, Sheniz Janmohamed offers various spoken word workshops for children, youth and adults. Through Mariposa in the Schools (Ontario, Canada), Sheniz has visited over a dozen schools to teach and perform spoken word. She assists students in finding their voices & channeling their creativity through positive and collaborative expression.

#### **Praise for Sheniz Janmohamed's spoken word workshops:**

“..you worked so patiently and brilliantly with my students and also most respectfully; you never talked down to them, you raised them up. It was also most satisfying to see a number of students emerge and shine as writers, storytellers and performers. In the end, every one engaged to a level he or she could rise to and beyond.”

**-Grade 6 teacher, Whitney Public School**

“Before this workshop I didn't write poems and now I have more confidence, more respect from my peers, but most importantly I have found a new skill of expressing myself.”

**-Grade 7 student, Morning Star School**

“You have showed us our limit of a million words, and raised the bar to a billion birds flooding the sky, sending our messages house to house...”

**-Excerpt of poem from grade 7 students**

## Spoken Word Workshop Program

### **Three Continents**

Grades 7 to 8, 9 to 12 |

**“My heart lies in Africa/My spirit thrives in Canada/ My soul dreams of India”**

Sheniz speaks to her multicultural background, performing pieces that highlight the various cultures and traditions that make her who she is while providing an opportunity for students to reflect upon and celebrate their own diverse backgrounds and find strength in diversity.

### **One World, One Voice**

Grade 7 to 8, 9 to 12 |

**“One World with One Light/One Mission for One Fight/ The Fight to be One”**

With repetition, rhyme and rhythm to drive her hard hitting poetry home, this inspirational spoken word performance and workshop features the political, social and humanitarian elements of spoken word where students will experience how powerful one voice can be in giving voice to a cause. Following the performance, the Voice Is Power workshop is available as a single session or more than one session, leading to a student showcase where students are given the opportunity to write and recite their own spoken word pieces while learning the art of recitation, gesture and delivery. They will also learn how to fuel their passion for a cause through creativity and performance. Themes can include social justice and civil responsibility.

**Students will learn invaluable performance skills including:** effective body language, improving tone and clarity of speech, crafting language in creative and unique ways, performing in groups and finding inspiration in the simplest of things.

**\* Workshop themes and approaches can be adjusted and adapted according to class size, theme and requirements of school/event.**