



Unfold
Your Own Myth

A Creative Self-Expression and Community-Building Project by Unity Productions Foundation

Lamya's Poem

The *Unfold Your Own Myth* Project is a serial workshop model in self-expression and community reorientation that uses as its catalyst “Lamya’s Poem” (a feature-length animated film aimed at teens and young adults about a Syrian refugee girl who is given a book of poetry by the 13th Century Poet, Rumi, that becomes a magical gateway to meet the young Rumi when he was a boy fleeing the violence of his time and helps him to write the poem that 800 years later saves her life. *Unfold Your Own Myth* uses the film as a vehicle to leverage the power of story in overcoming trauma and loss among marginalized youth in three struggling communities in America—refugee, immigrant and Muslim.

“Unfold your own myth” is a famous line of Rumi’s poetry and the last words in *Lamya’s Poem*. It sums up the psychological journey of the eponymous Lamya, whose imaginative relationship with the young Rumi helps her overcome the marginalization she endures as a refugee. She finds healing through his poems, imagining a story that transcends her circumstances. Her drama makes a fitting title for a project that employs storytelling and poetry to help marginalized youth more effectively process trauma and loss by equipping them with the narrative tools of storytelling and writing to promote individual agency.



Objective

Through writing and the sharing of writing in a safe, small group setting, participants will be introduced to the power of poetry, composition, and literary discussion as a means to gain agency over experiences outside their control—including war, societal collapse, alienation and exile- that compromise or impair their sense of self.



Within Unfold Your Own Myth

Using the film as a launching pad, *Unfold Your Own Myth* will engage young participants in a series of workshops designed to steep them in the transformative power of narrative and storytelling.

Length	Who	Workshop Model
2-3 Workshop sessions 1.5-2 Hours each	A trained facilitator who will create a safe and inviting space to encourage creativity	Screening of <i>Lamya's Poem</i> Small group discussions Guided poetry writing using Haiku, Imagistic, and Spoken Word.

Audience



Recommended
age:
7th-12th Grade
(Exceptions will be
considered.)

12-25 Participants,
recommended but not
limited to.
A co-facilitator is
suggested over 25
participants.

Inviting a diverse
group of students,
everyone is welcome.

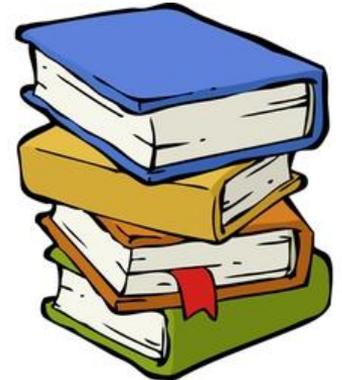
Materials

Provided by Unity Productions Foundation

- Training session For Facilitator
- Organizers Guide
- Participant Pamphlets
- Moleskin Journals
- Certificates for Participants
- Access to screen *Lamya's Poem*
- Guidance from workshop coordinator, Nausheen Razvi at Nausheen@rrstrategists.com
- Acknowledgement of Facilitators

Required of your Organization

- Recruit diverse group of youth to be a part of the workshop series (immigrants, descendent of immigrants, refugee or Muslim).
- Facilitator
- Resources to play excerpts of *Lamya's Poem* during the workshops
- Collection of poems
- Evaluation forms



Benefits of hosting a Unfold Your Own Myth workshop

Participants

- Having a creative outlet can reduce stress and combat anxiety.
- Build connections and bonds with other youth.
- Identity building and confidence boosting
- Writing workshop certificate
- Chance to be published in [Kid Spirit Publications](#)

Facilitators

- Providing professional, creative programming to strengthen your community.
- Facilitator Certificate
- Acknowledgement in Kid Spirit Publications
- Providing professional, creative programming to strengthen your community.

Impact

The enormous problems facing marginalized youth resist macro solutions. Racism, displacement, and Islamophobia are not likely to end in any foreseeable future. In the meantime, young people in these groups (and others) require personal interventions from creative organizations. For Lamya, no outside institutional force arrives to rescue her. At the end of the film, she is still a refugee. But she has rescued her spiritual and psychological life herself through an engagement with poetry and storytelling. Toxic stress and disheartening loss can be alleviated when youth have an opportunity to infuse meaning into their experiences. That is the impact we seek through *Unfold Your Own Myth*: a resolution that is both individual and collective, profound, life-changing and—as in the case of Lamya—potentially lifesaving for many.

About Unity Production Foundation

The mission of Unity Productions Foundation (UPF) is to counter bigotry and create peace through the media. UPF produces films that tell compelling stories for television, online viewing, and theatrical release. These films are part of long-term educational campaigns aimed at increasing religious and cultural pluralism, especially among Muslims and other faiths.



What's Next



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Complete the Online
[Application Form](#)

Schedule a call
using the
[Calendly link](#)

Any Questions,
email Nausheen Razvi at
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