



SELF-PORTRAITS

Rationale

Self-portraits offer people a creative outlet to express how they view themselves in a non-threatening format. In addition, self-portraits will provide you with a deeper understanding of everyone's background.

Materials

- A piece of paper with "Self-portrait" printed at the top for each participant
- Pencils, pens, crayons or colored markers/felt pens

Procedure

1. Ask participants to close their eyes and picture themselves. Encourage everyone to consider how they feel about their body, home life, school, friends and social activities. Give everyone a few minutes to grasp an activity.
2. Distribute a piece of paper with "Self-portrait" printed at the top and art supplies.
3. Ask everyone to draw their images of themselves to the best of their ability.
4. When everyone has completed the assignment, ask each person to describe their self-portrait to the group.

Discussion Questions

- How is your portrait different from the image you project to others?
- What is a step you are willing to take to improve your vision of yourself?
- How will you use what you have learned today?