

VIRTUAL SUMMER CAMP

WEEK SIX: SHARE

Examining Your Story



For Middle School and Up

All of our lives are a story in progress. Today, we're going to create a Reflective Self Portrait by writing or drawing a representation of your life right now, as well as what you think your life may be like in a year.

What Will You Learn?

- What are some things in your life that are important to you?
- How to identify some of your strengths and weaknesses.
- Set some goals for yourself for the future.

Materials:

- Blank White Paper
- Pencil / Markers / Colored Pencils / Crayons

Instructions:

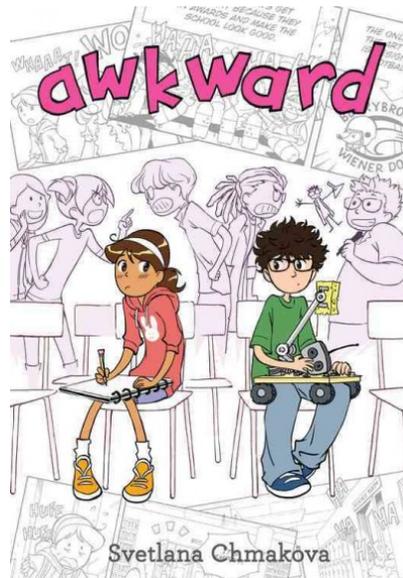
- On a blank piece of paper write your name all the way across the top. Be big and bold, use a color or style of lettering that represents your personality.
- Below your name, draw a self-portrait that includes your full body.
- *This does not have to be an accurate picture of your body (it can even be a stick figure!), but it should include elements of yourself that feel important and favorite things (like a comfy sweater or lucky socks).
- Begin adding details to your portrait. You can draw the details in and/or add arrows and explanations surrounding your portrait (i.e. "My right big toe has a big blister because I ran in a track meet yesterday. I got 3rd place in the 1600!").
- Take a moment to look at the self-portrait that you have created. Think about how things may change over the next few months or even years. Write a letter to your future self and talk about the things you love about yourself today and the goals you hope to have accomplished when you read the letter a year from now.

Reflection Questions:

- People often write an autobiography or draw a self-portrait as a way to help define themselves, take control of sharing their story, and/or record their experiences at a moment in time.
- Did anything that you included in your portrait or writing surprise you?
- What did you discover about yourself when you made your self-portrait?
- In one year, do you think your art or writing will be the same or different? What do you think will change?

More to Explore at the Library:

If you want to check out more on biographies, you can visit these NYPL databases like [Biography in Context](#) where you can explore biographical information on people around the world and throughout history as well as [Explora Middle School](#) where the biography section contains famous figures in history as well as contemporary athletes. You can also check out some books on the subject: [Reaching for the Moon: The Autobiography of NASA Mathematician Katherine Johnson](#) by Katherine Johnson; [Awkward](#) by Svetlana Chmakova; and [Smile](#) by Raina Telgemeier (author & illustrator), with color by Stephanie Yue.



Guide created by Hanna Brownlee-Holbrook & Hannah Spratt.