

AT HOME FAMILY ACTIVITY: Self-Portrait

An activity for children of all ages. Younger children may need their parents' assistance.

Purpose and background

Just as portraits give us a window into how artists see their subjects, a self-portrait tells us about how an artist sees themselves. Our self-image is important to us as part of a community!

With your child, look closely at your family and at yourself and think about what can be shared through creating a self-portrait.

Directions

Work with your child to create a list of things they would like people to know about them. These might be individual traits, things that are important to them, or how they are a part of community organizations or groups. Give your child the chance to share their list with other family members or friends. Talk about how their self-portrait might show these messages or ideas.

The following questions may help guide the activity:

- What are things your family values?
- What's your family's favorite tradition?
- What makes you unique?
- What makes your culture unique?

Time to get started with the self-portrait! Be creative with materials. You and your child can use pencils, colored pencils, crayons, fabric, cut-outs from magazines, family photographs, and more! Use whatever inspires you.

Questions to answer

Answer the following questions on a separate piece of paper. These questions will help you and your child reflect on the process and share what you learned from the activity.

1. How is a self-portrait different from a portrait of someone else?
2. What do you value about yourself as a person?
3. What are your family values?
4. How are your values reflected in your self-portrait?
5. What is something about you that you wish your classmates knew?

What new things did you learn about yourself, your family, and other family members from their self-portraits?

