

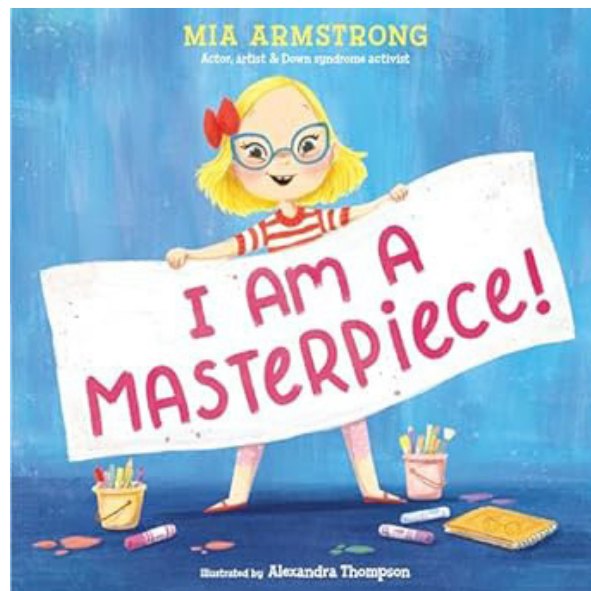
Inner Self Portraits

A companion activity for

I Am A Masterpiece!

*An Empowering Story About Inclusivity and
Growing Up with Down Syndrome*

by Mia Armstrong



Inner Self Portraits

This activity is a companion to the book: *I Am a Masterpiece! An Empowering Story About Inclusivity and Growing Up with Down Syndrome* by Mia Armstrong

Grade: K-4

Subject: Art, Reading, Social Skills

Date:

Lesson Focus and Goals: Social-emotional learning. Creative self-expression.

Materials Needed: Paint, paintbrushes, pencil crayons, markers

Learning Objectives: Exploring identity and sharing it with others through art.

Topic: We normally think of a self-portrait as a picture of our face; a drawing of what we look like. But does our face or our appearance really tell much about who we are on the inside? What makes us who we are? What parts of us are invisible?

Inner self-portraits are an expression of how we feel inside and how we experience the world. This is a great activity to get kids thinking about the parts of them that others don't see on the surface.

Structure / Activity: Start by reading the book aloud.

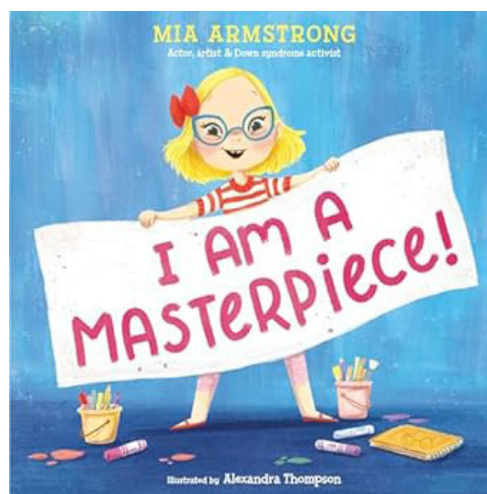
In the book, Mia's self portrait is different from all the others. It's blue. Just blue. Wonderfully blue. Mia blue.

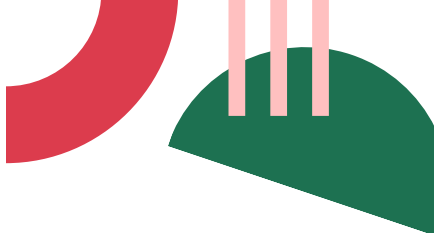
"It's a different kind of portrait. It's how I feel, not how I look. And it's how I see the world—so it's a double self portrait." — Mia Armstrong

Before beginning your Inner Self Portrait, here are a few questions to think about:

- How do you feel?
- Is there a color or shape associated with it?
- An animal? A noise? A smell?
- What do you love?
- What do you love most about yourself?
- What do you want others to know about you?

Your self-portrait gets tell a story about who you are! Your wonderful unique self!





Inner Self Portrait

Draw Here:

