



**Introduction:** You will create a “This is Me” painting or drawing on posterboard or canvas using markers or paints. Your picture will showcase what you are most proud of and/or highlight your interests.

**Supplies Needed:**

- Tempera paint and brush or markers
- Posterboard or Canvas board
- Pencil
- One piece of plain scrap paper
- Newspaper or plastic to cover table (if using paints)
- Cup for water (if using paints)
- Paper towel to clean and dry paint brush (if using paint)

**Instructions:**

1. Gather your supplies.
2. Cover the area you will be working on with newspaper or plastic to avoid getting paint or marker on your table.
3. On a piece of scrap paper, sketch your ideas for your “This is Me” drawing. Your drawing can be a picture of what you are most proud of and/or pictures of things you like to do. You can add words to describe things, if you wish.
4. Use paints or markers to create your drawing on a piece of posterboard or on a canvas board.
5. Show your “This is Me” drawing to your family members and tell them what you are most proud of and why.

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**Self Expression Through Art**

By engaging in art activities, youth can practice a variety of skills as well as develop imagination and experimentation. Creative arts helps children grow in physical, social, cognitive, and emotional development.

Creative art activities should focus on the process over the product, meaning what you do while creating art (feeling the paint between their fingers, holding a pencil, or experiencing the stickiness of glue) is more important than what the finished product looks like.

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