SELF-AWARENESS: SELF-PORTRAIT

*Family members create self-portraits together and on it, share specifics about their characteristics and best strengths.*

**TIME**
15-20 minutes

**PARTICIPANTS**
Kindergarten and up, parents, family members

**MATERIALS**
Your choice of favorite art supplies. You can use long roll paper for a full body portrait.

**DIRECTIONS:**
1. Gather your family around a table of art supplies (can simply include paper and crayons or markers).
2. Each family member can draw themselves—full body or just their head and shoulders. If you can get large life-size paper, lay the paper on the floor, lay on the paper and trace each other’s body outline.
3. Around the face or body or even within, list the qualities and character traits that help describe who you are. If your kids need prompting, be sure and point out inner traits versus physical characteristics such as, kindness, creativity, perseverance, loyalty in friendship.

**REFLECTION**
When do you notice those traits in the other person—times, events, with certain people, locations?
What do you admire about your family members?
As you reflect on your own traits, what do you want to grow in yourself that you didn’t list?
What social and emotional skills do you feel were used while doing this activity?

**SOCIAL AND EMOTIONAL SKILLS**
- **Self-Awareness** – Identifying key character traits that make you special and unique
- **Social Awareness** – Recognizing and appreciating character traits in your family members.