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## Self Portrait

This is a good initial activity for any age level. The self-portrait can be easily and effectively executed as a sketch, drawing or painting in a wide variety of art media, such as chalk, pencil, ink, charcoal, crayon, pastel, water color or tempera. Length of the activity will be largely determined by age level and the particular medium selected.

Self-portraits may be created impromptu from memory or from mirrors. Be accepting and encouraging during your mentee's first try. Wait a few weeks, then try again. It is helpful if you work along with your mentee on a portrait of yourself.

Create occasions for displaying the self-portraits frequently. Birthdays and special projects provide ideal opportunities for using portraits.



E/M/H

From the Handbook for the Human Realizations Approach to Teaching, James J. Foley, Director