

Be Creative! Be You!

Using Adjectives and Self-Portrait to Build Self-Esteem and Develop Creative Expression

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- As we connect movement to words, students will *understand* that adjectives are powerful describing words that can activate emotion, they will *create* and *analyze* a bank of adjectives, and *draw* a self-portrait surrounded by positive words about themselves.

“What lies behind us and what lies before us are tiny matters, compared to what lies within us.”- Ralph Waldo Emerson

“Words are a form of action, capable of influencing change.” Ingrid Bengis

OBJECTIVES

- Students will engage in movement and gesture and describe movement with an adjective.
- Students will understand that adjectives are powerful describing words that can affect the way one feels.
- Students will collaboratively create and analyze a list of adjectives
- Students will draw a self-portrait surrounded by positive words about themselves.
- *Extension*-Students may write a haiku using adjectives, an acrostic name poem, or a short story.

VOCABULARY

Adjectives

Creativity

Portrait

Expression

Self-Esteem

MATERIALS

Copies of portrait template (found at the end of this packet)

Pencils

Optional

Crayons

Markers

Pastels

GUIDED MOVEMENT

Let's warm-up by moving our bodies. You do what I do.

(First, students mimic movements **without** attaching an adjective, just focusing on the movement and how it makes them feel.)

Stretch from your tip toes to your fingertips.

Spread your arms wide, look up toward the sky, smile and sway.

Now slouch over dropping your shoulders and your head.

Put your hand on your heart and lift your heart up towards the sky. Put both fists on your hips.

Lift both fists in the air and flex your biceps.

(Next, connect movement to words)

We can use describing words to tell about a person, place, or things. Describing words are also called adjectives. Let's use some adjectives to describe the movements. What word might describe each movement?

Stretch from your tip toes to your fingertips (tall)

Spread your arms wide and smile and sway (happy)

Now slouch over dropping your shoulders and your head (sad)

Put your hand on your heart and lift your heart up towards the sky. Put both fists on your hips. (brave)

Lift both fists in the air and flex your biceps (Strong)

KNOWLEDGE BUILDING

The words we just used are describing words. Another word for describing words is "adjectives." Adjectives are words that describe a person, place, or thing.

Display picture of rock climbing girl. (See appendix) Let's read this sentence, "The brave little girl climbed to the top of a steep mountain with her Mom." Which words tell more about the little girl?" (brave and little) Are there any other adjectives in this sentence? (steep)

Some describing words that we use about ourselves and others can make us feel good and remember the good things about us. Words can also make us feel sad. How we feel about ourselves is called our self-esteem.

Now stop and think for a moment. What is a word that you might use to describe yourself that makes you feel good about who you are? (Give students time to think) Now turn to your neighbor and talk about which words you chose. Now, let's-create a list of adjectives that we can use to describe ourselves and our friends.

Examples

- Scared
- Funny
- Silly
- Smart
- Mean
- Nice, kind
- Confident
- Creative
- Adventurous
- Shy
- Sweet
- Gentle
- Humble
- Wild
- Quick

INDEPENDENT PRACTICE

Hand out portrait template. (See appendix)

Draw your eyes, nose, mouth, ears, hair and shirt. Now write adjectives that help you remember how great you are and build your positive self-esteem.

REFLECTION

Turn to your neighbor and share. What is your favorite part about your portrait? Which word do you feel is the most important word on your portrait? How do you feel when you look at what you created?

CLOSING

Remember that adjectives are powerful describing words and can change the way we feel about ourselves and others.



The brave little girl climbed to the top of the steep mountain with her mom.

