



Me / You / Us Booklet

Teaching Artist: Susana Arellano

Goal:

Create a small booklet to explore our identity and our relationships to our community.

Guiding Question:

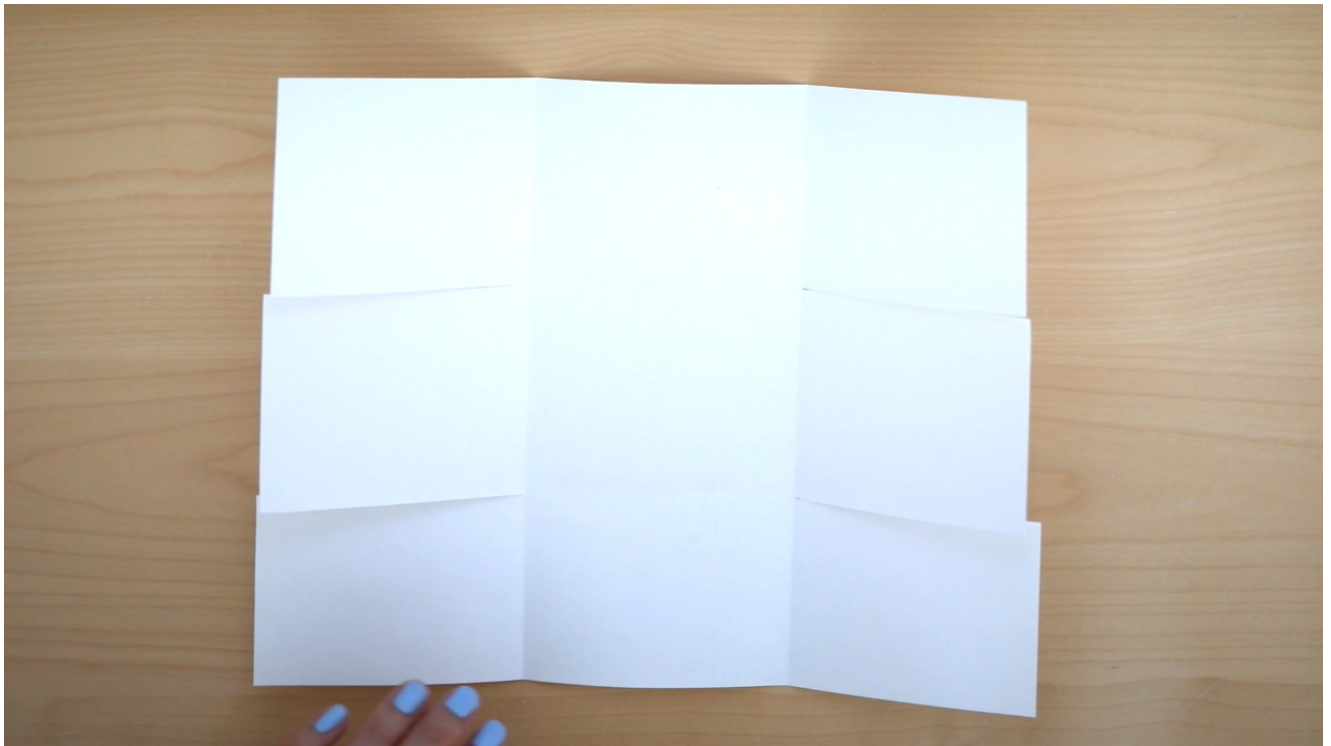
What makes you unique and special? How do our experiences influence who we are?

Materials:

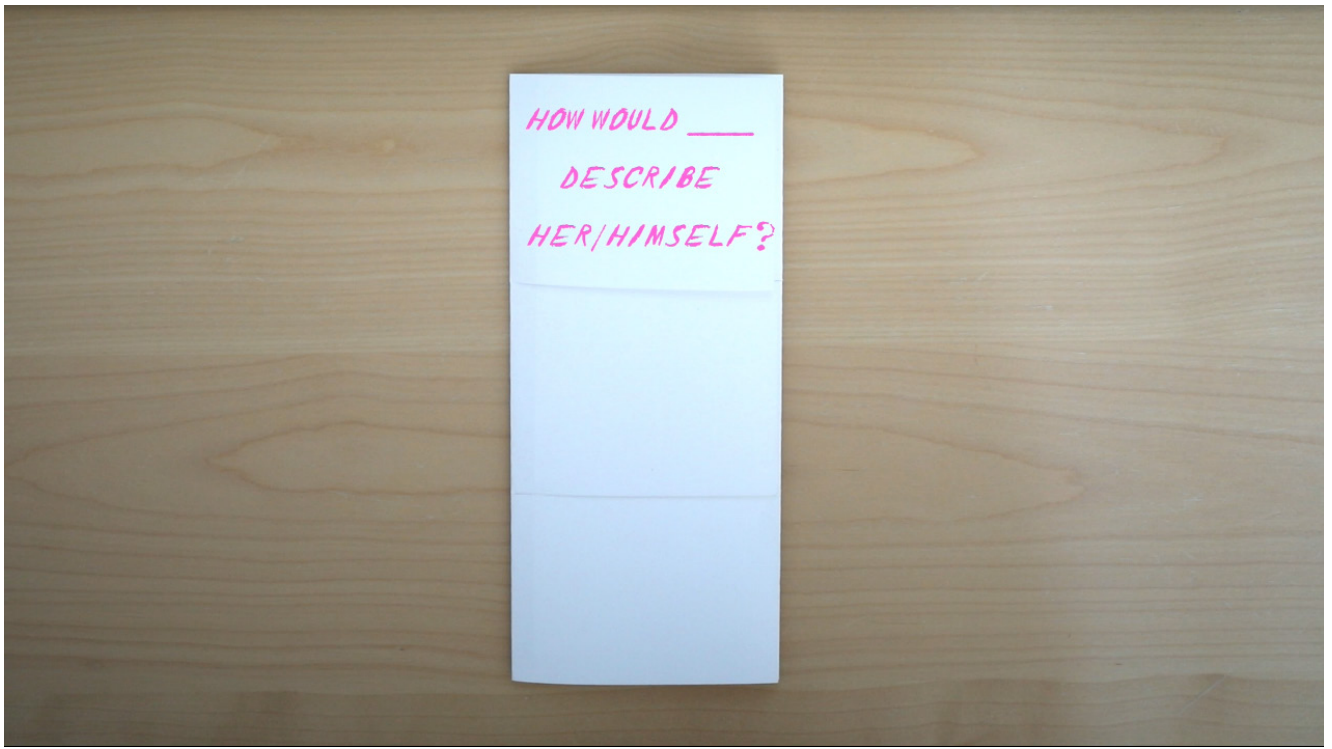
Paper, Scissors, Pen, Colored Markers (optional)

Steps:

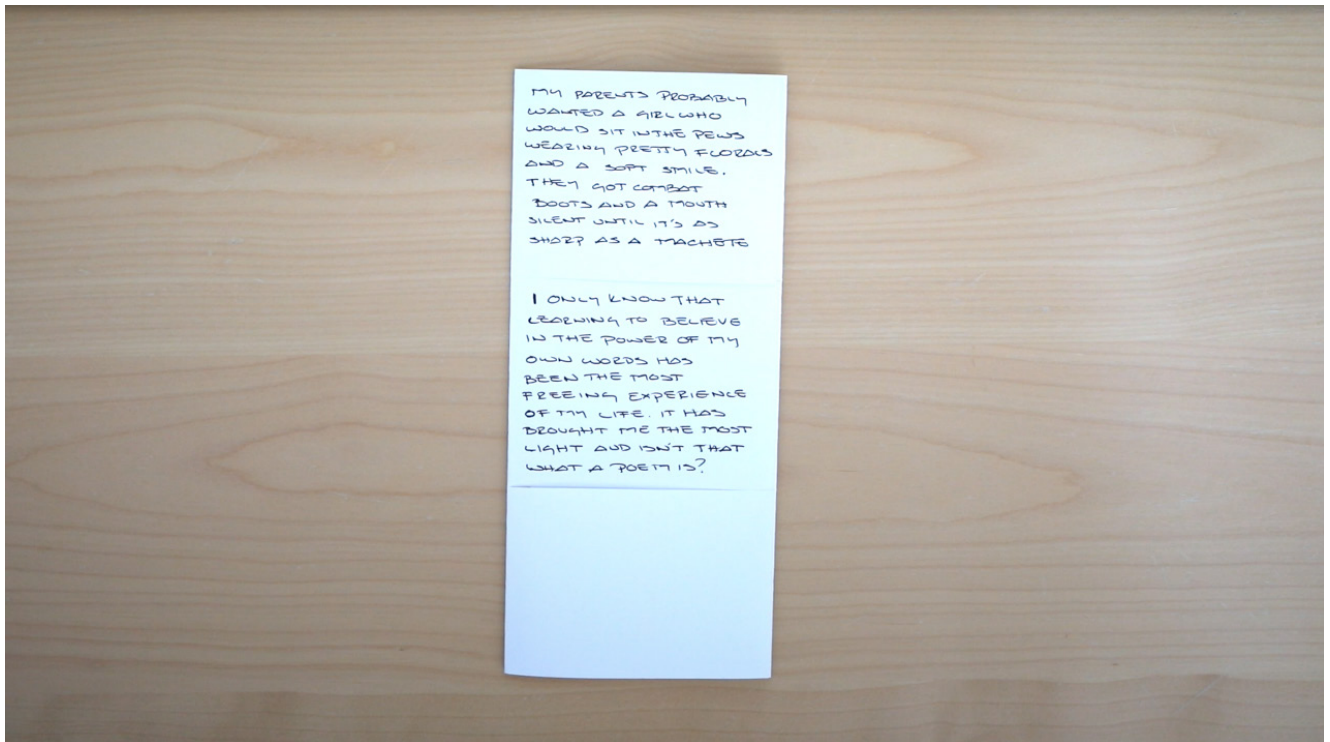
1. Create a booklet with three sections. Watch the video to follow instructions or look at the diagram at the end of this lesson.



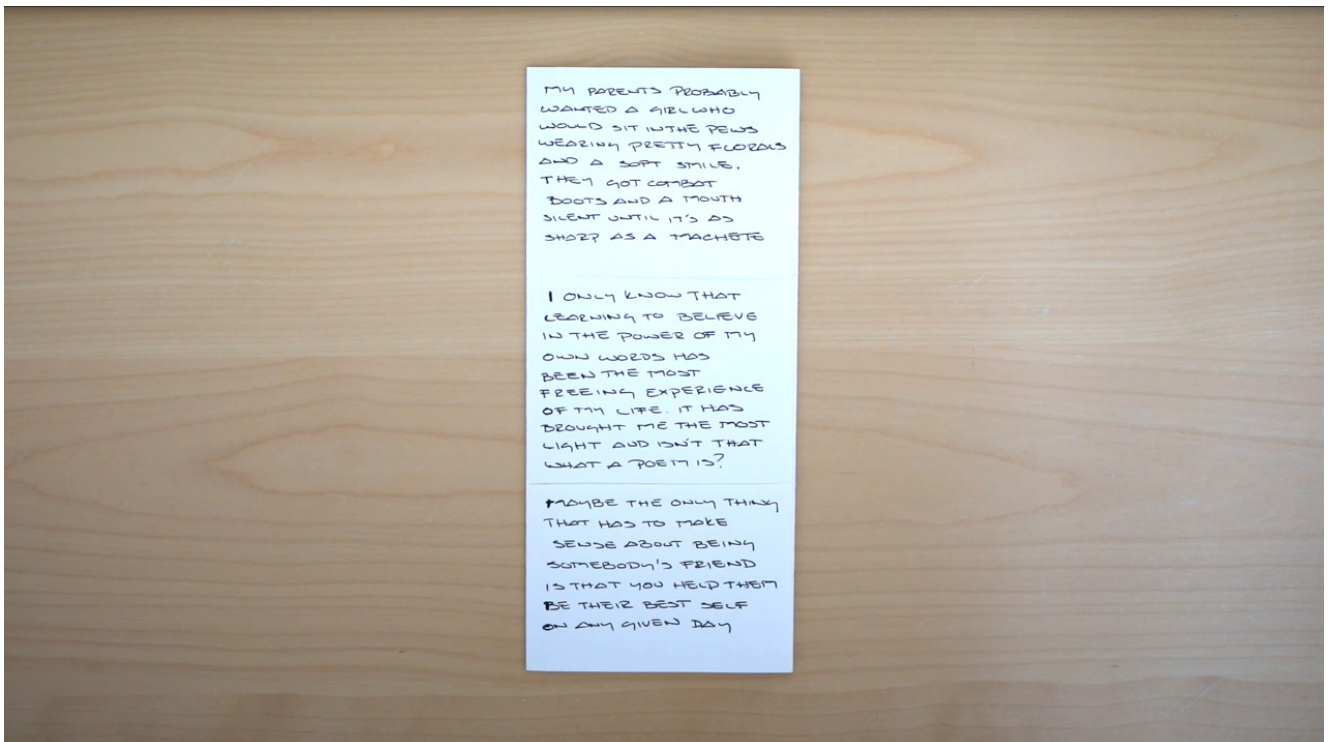
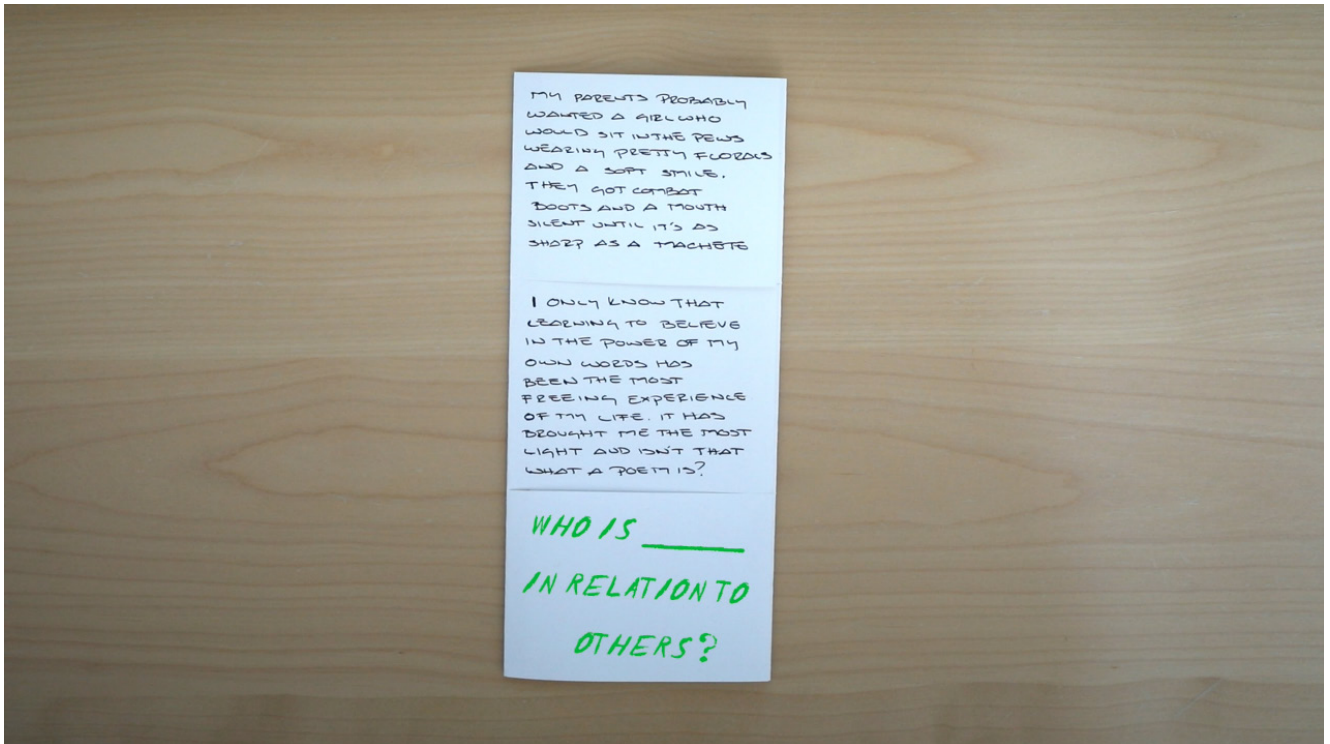
- 2.** Close the flaps of your booklet. Choose a person you admire. This could be a real person or a character from a book or movie. In the top square, answer the question:
How would person describe her/himself?



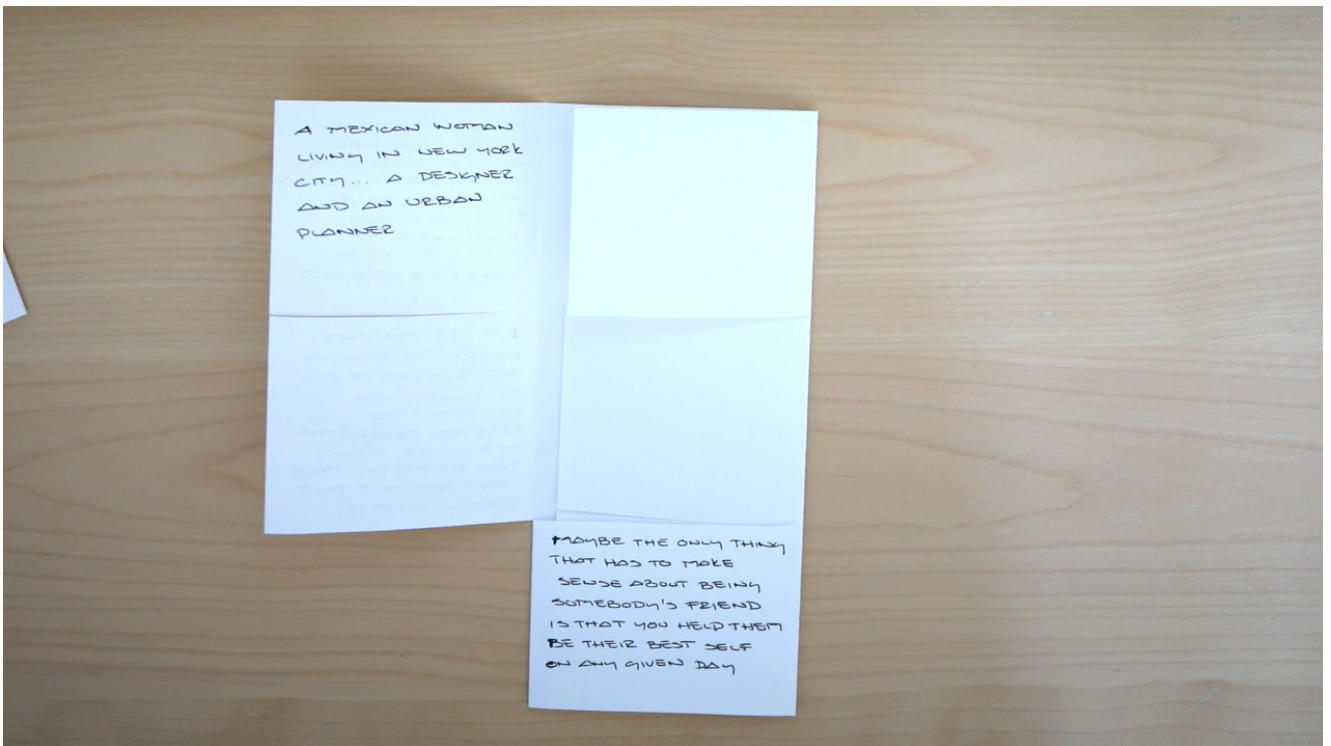
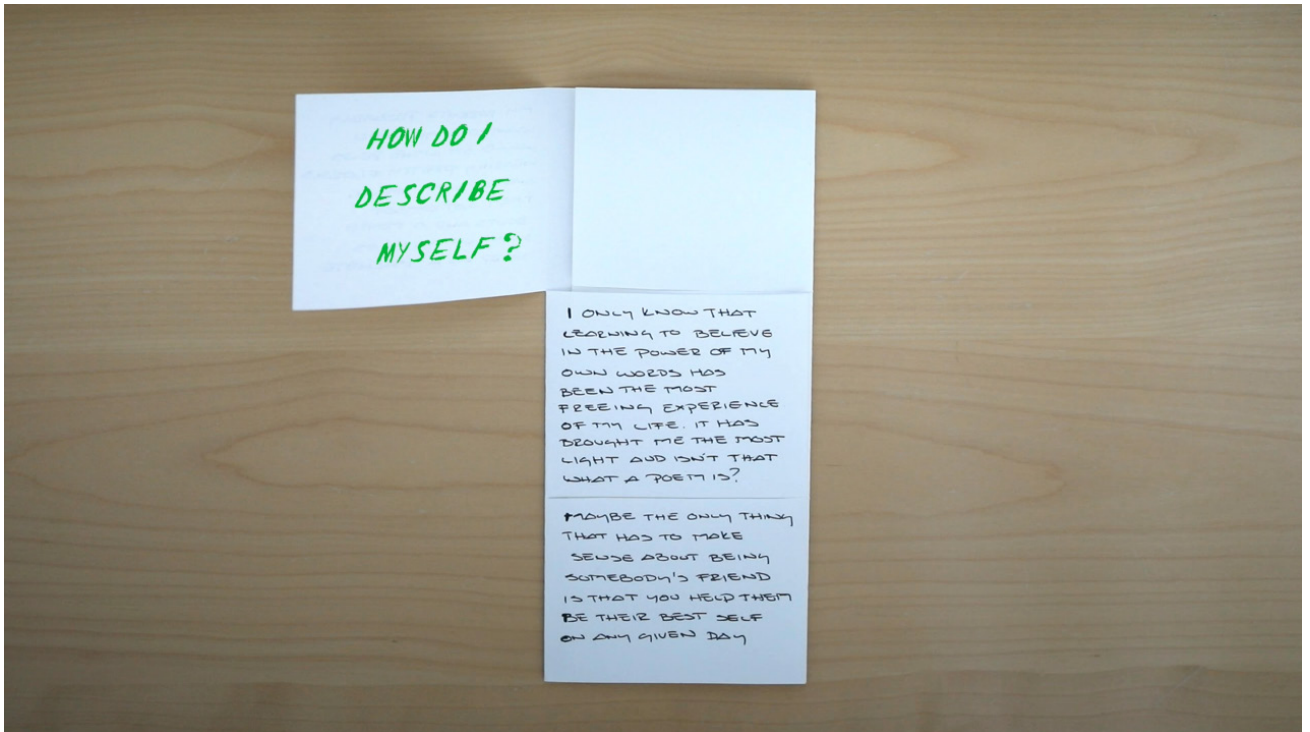
3. In the middle square, answer the question: What is important for _____ person _____ ?



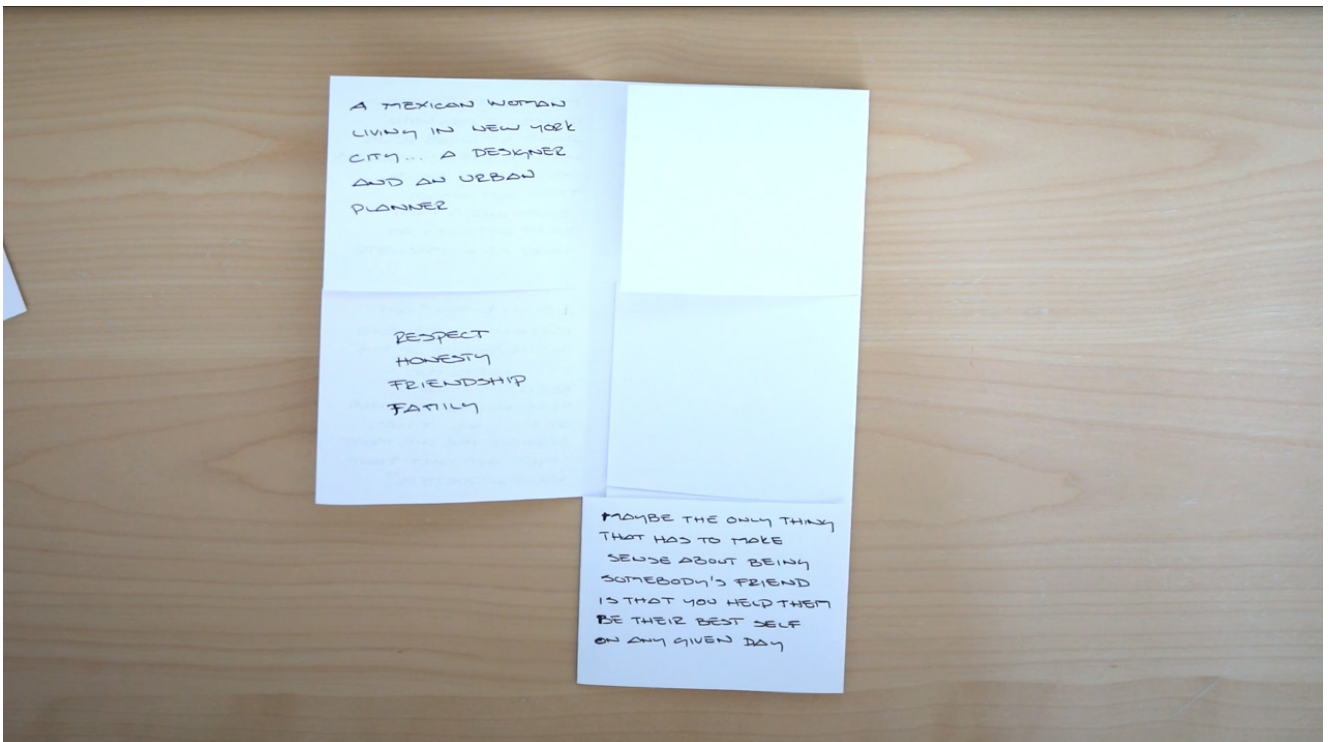
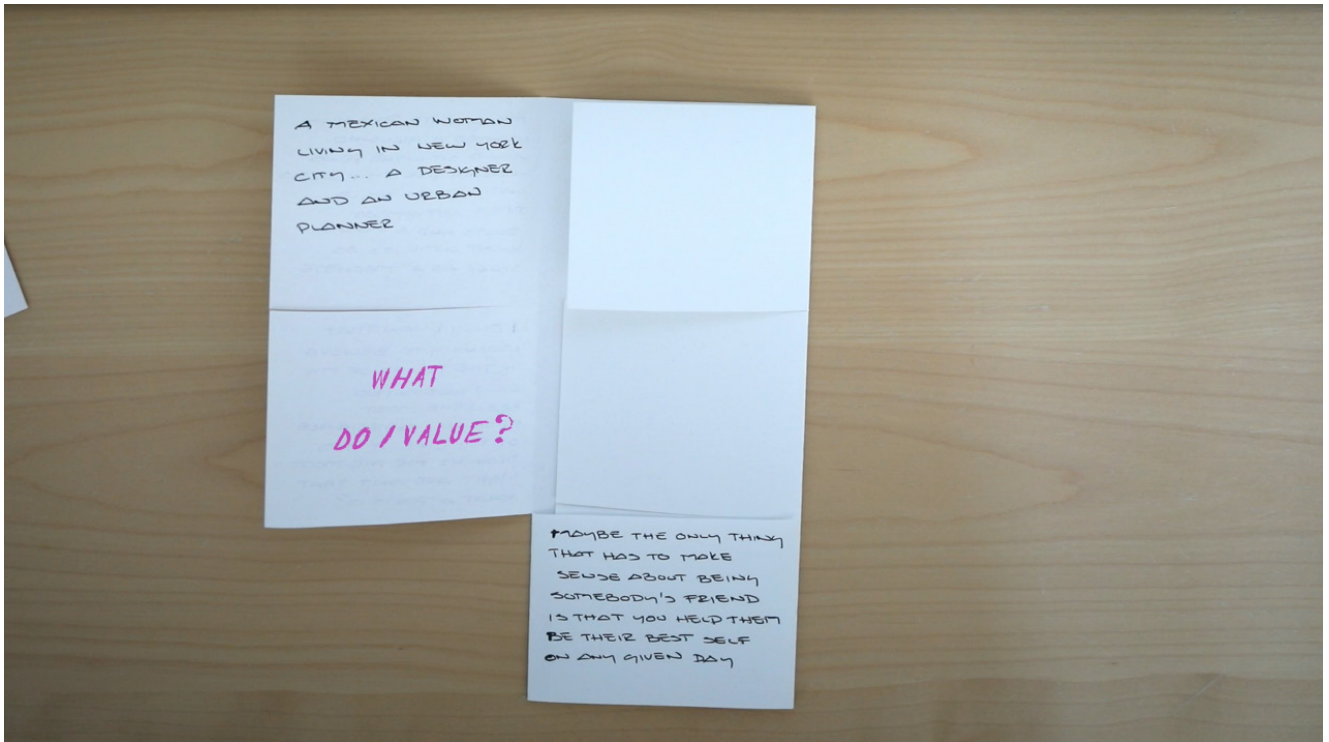
4. In the bottom square, answer the question: Who is person in relation to others?



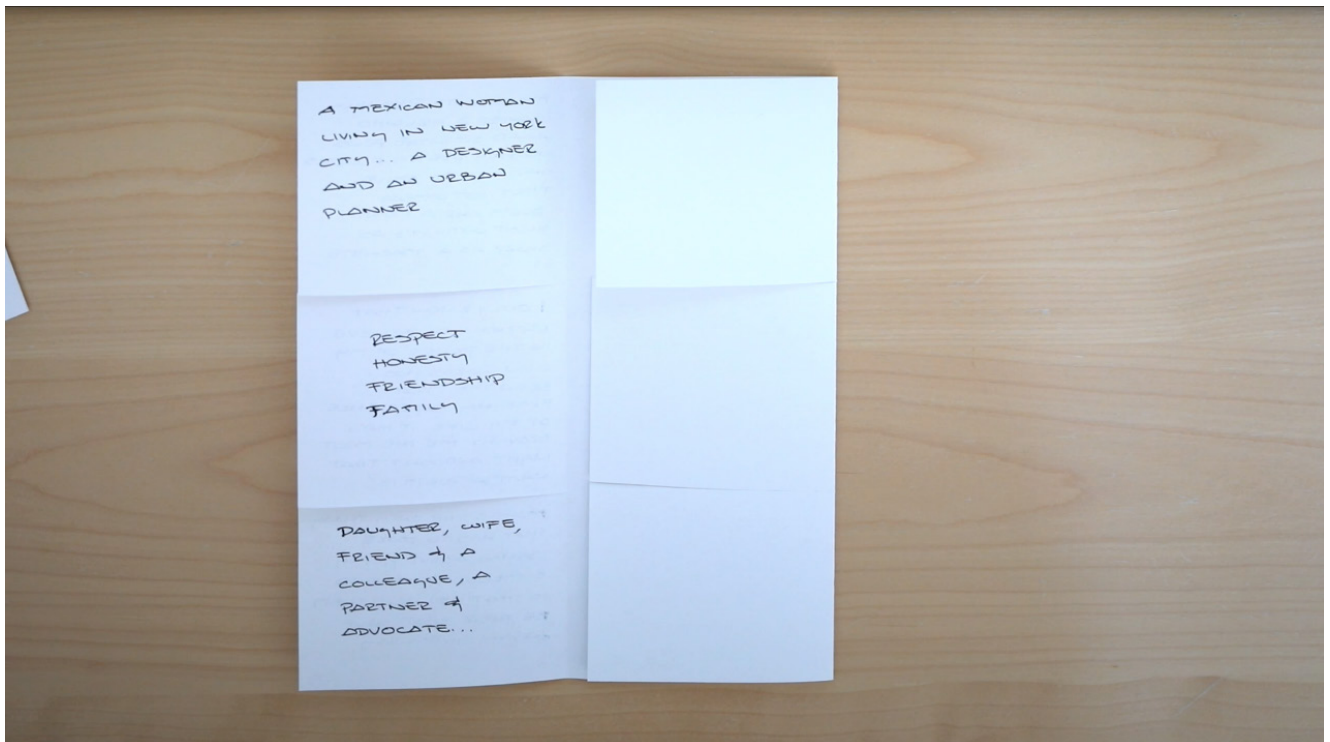
5. On the back of each flap write answers to the same questions but this time about you. On the top flap, answer: How do I describe myself?



6. In the middle fold, answer: What do I value?

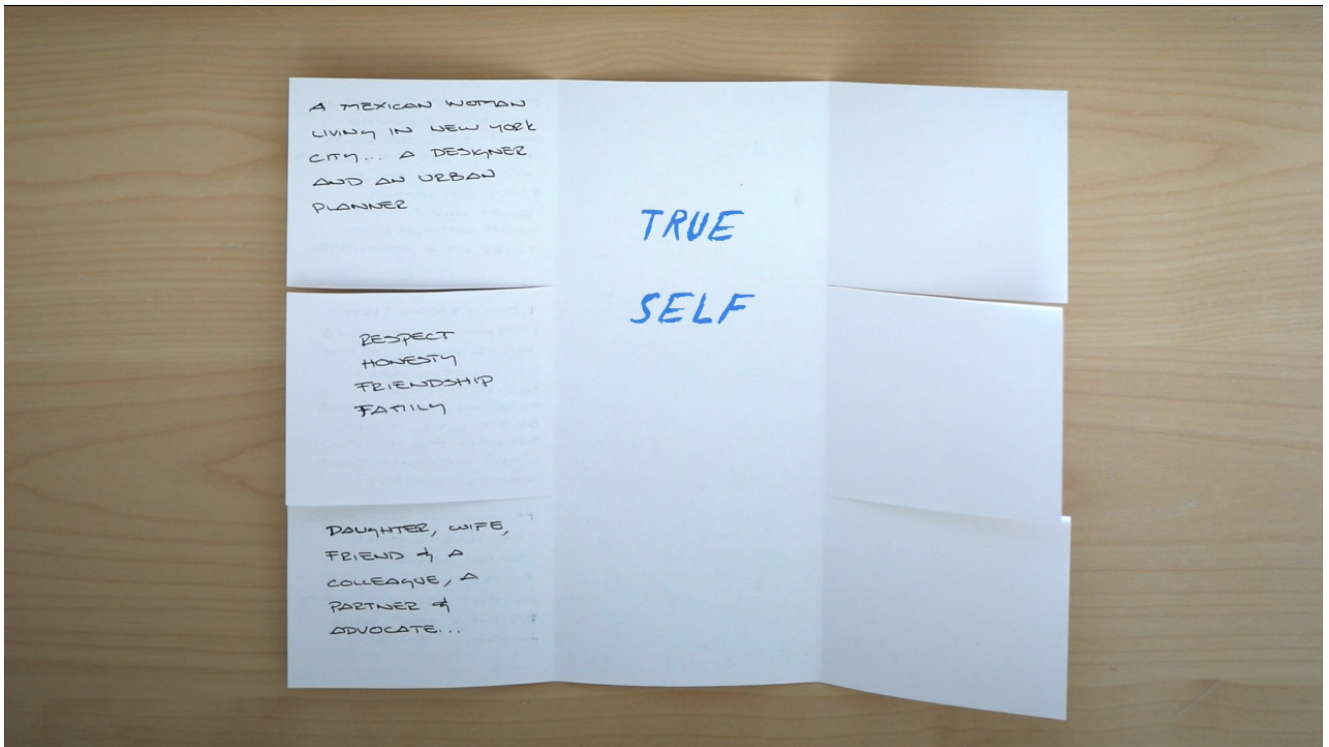


7. On the bottom fold, answer: Who am I in relation to others?

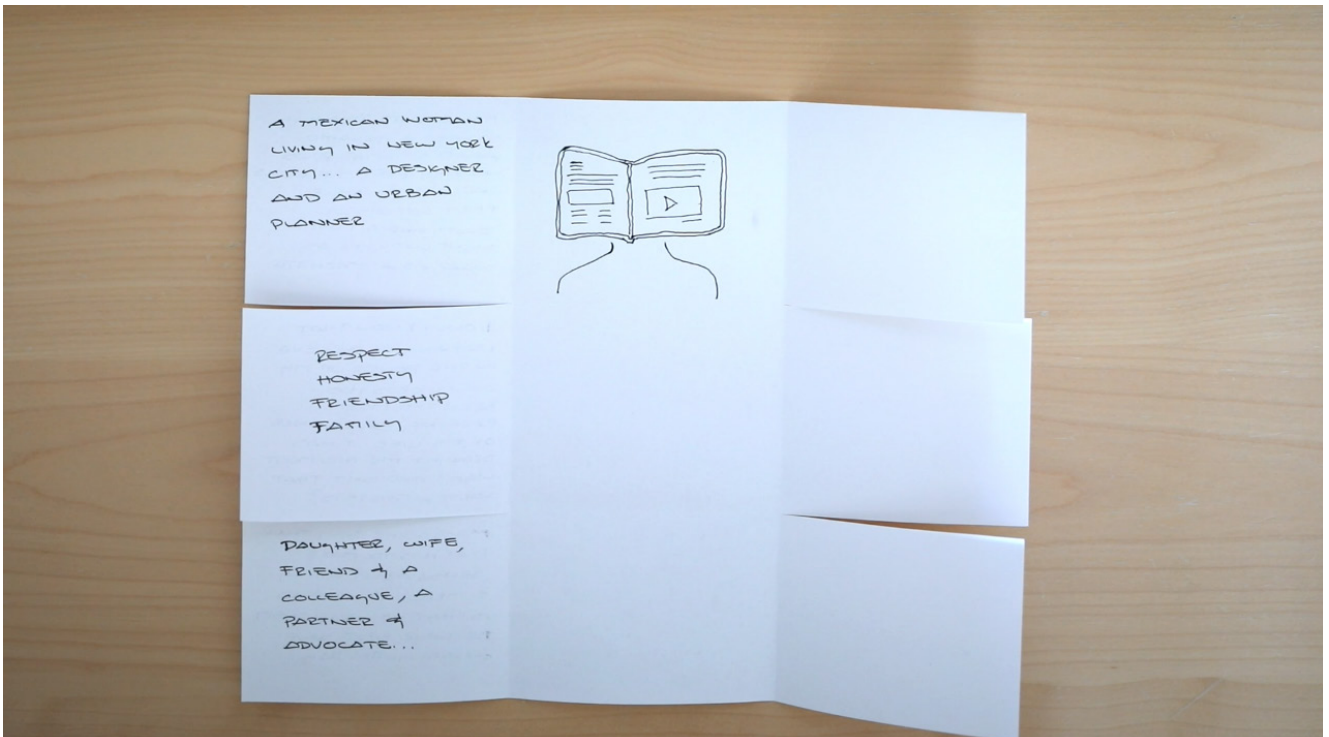


8.

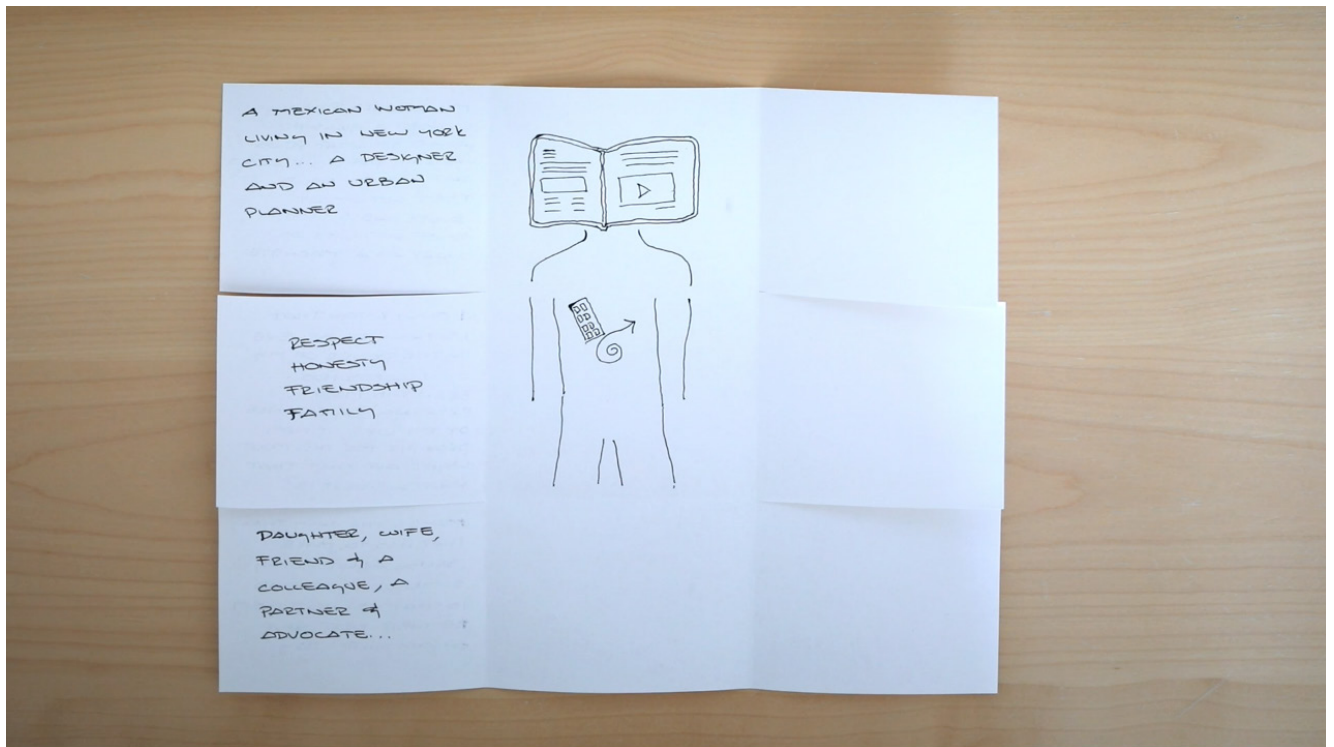
Open the folds. In the middle, draw your true self. This could be a side of yourself that not many people know about or parts of yourself that make you unique and special.



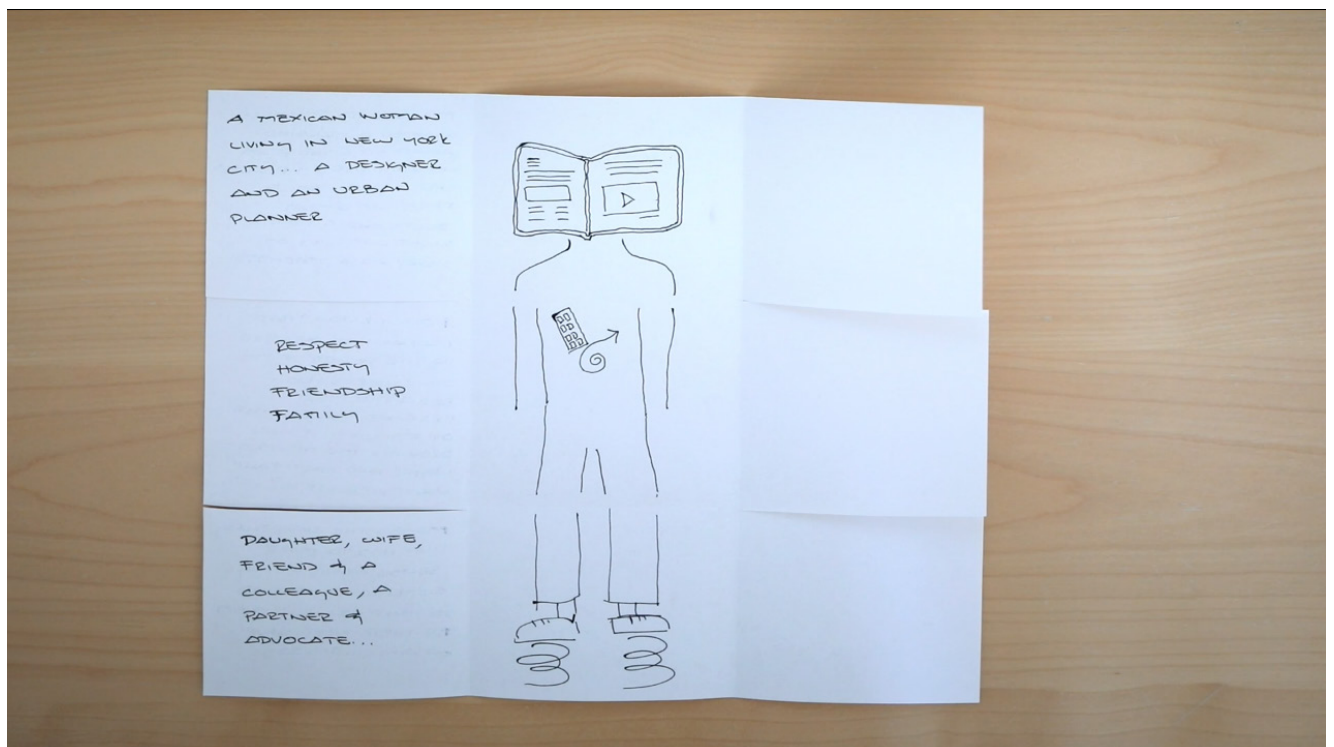
In the top area draw your head and shoulders. You can use objects, abstract shapes, or animals to represent different ideas. Get creative!



In the middle area draw your arms and torso.

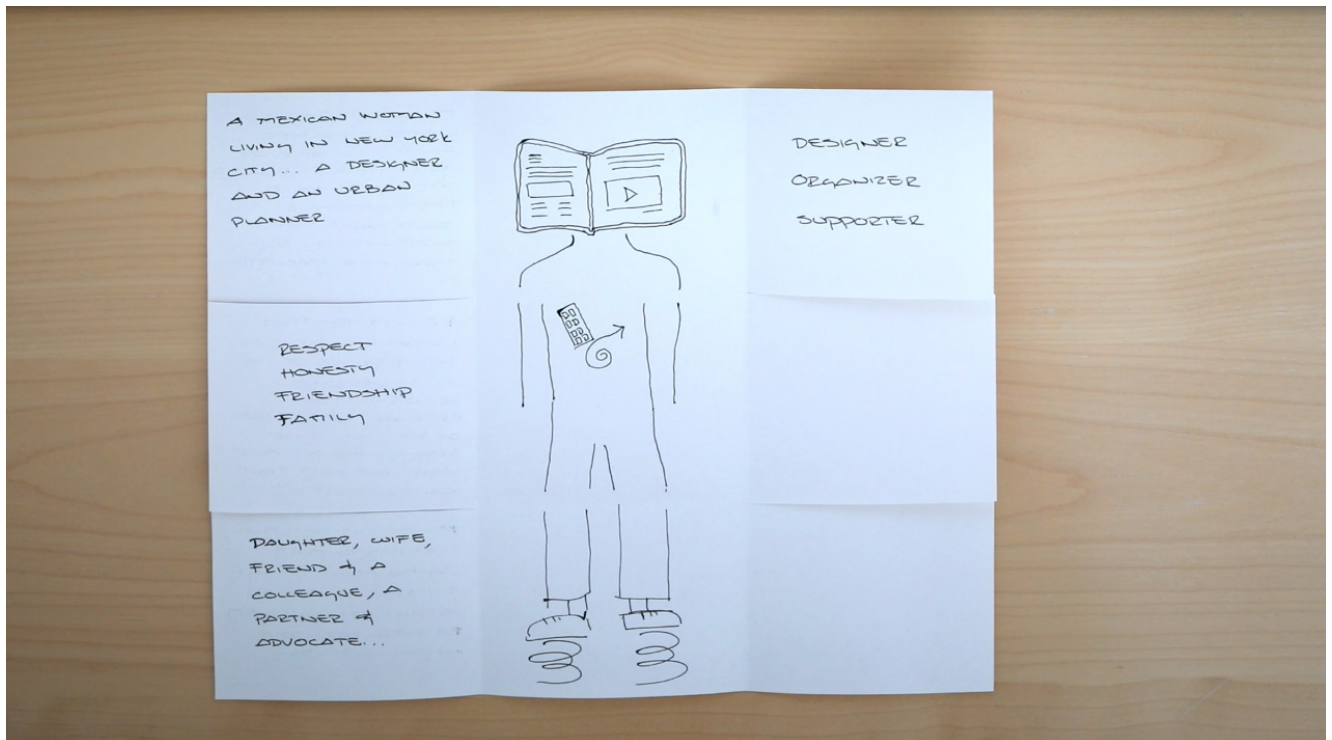
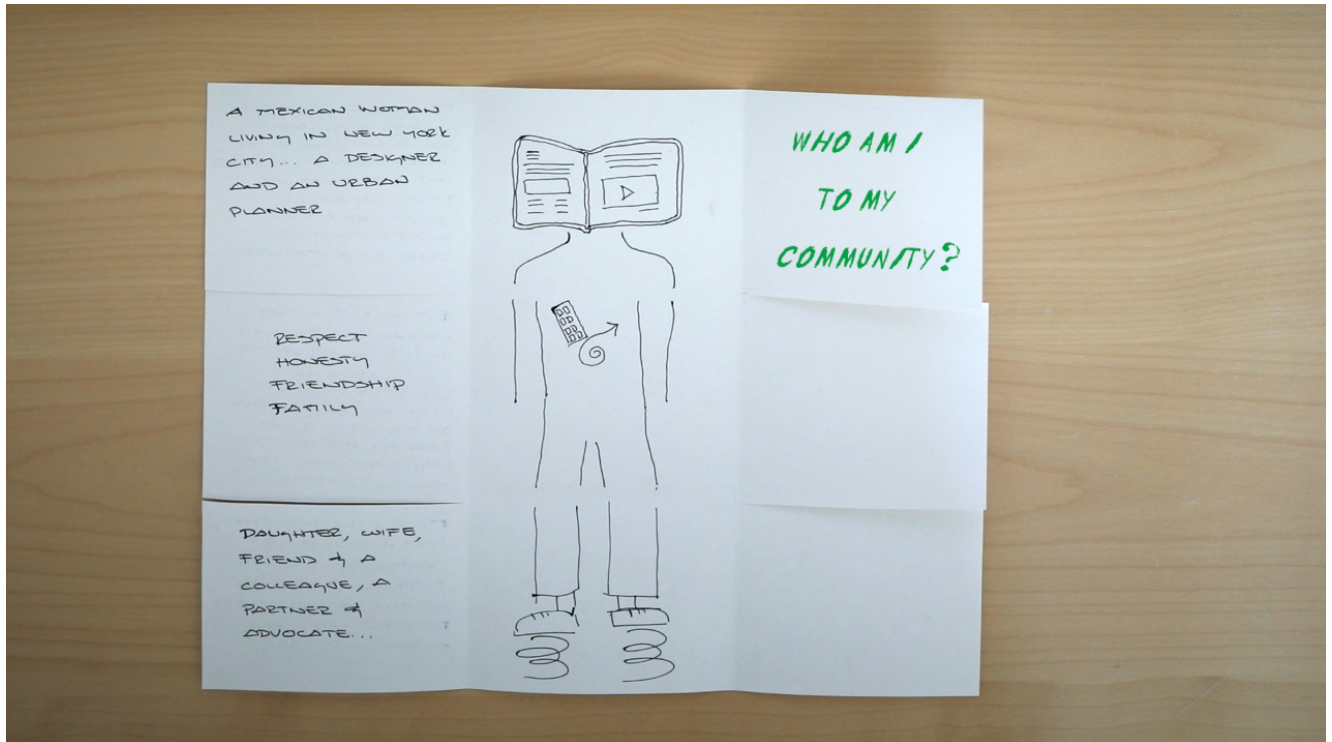


In the bottom area draw your legs and feet.

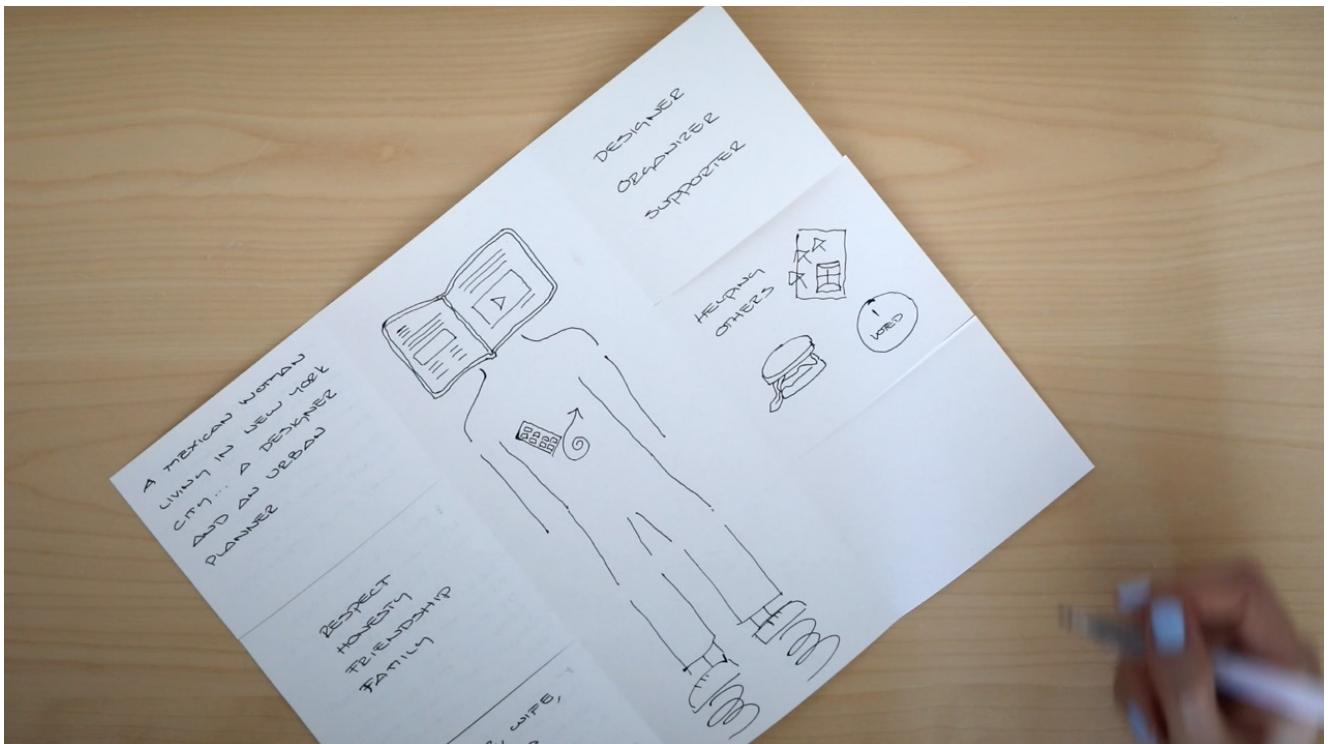
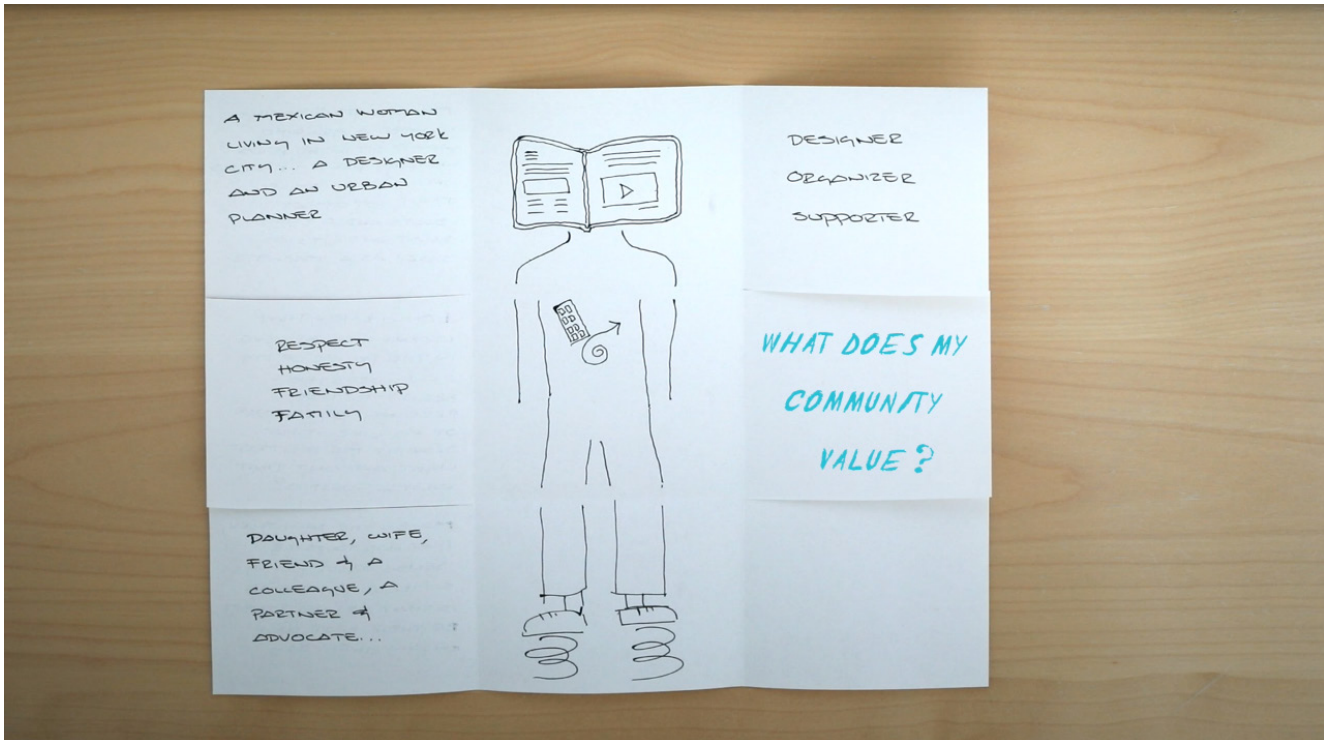


9.

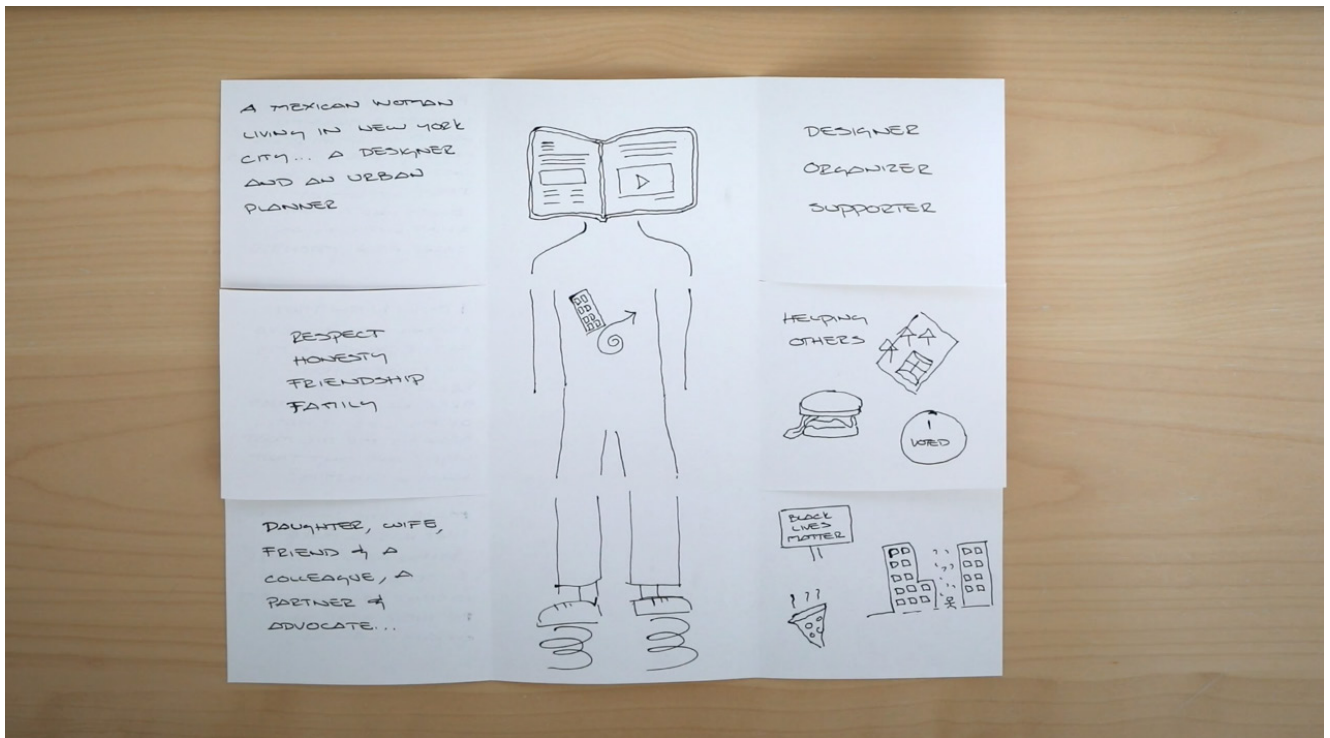
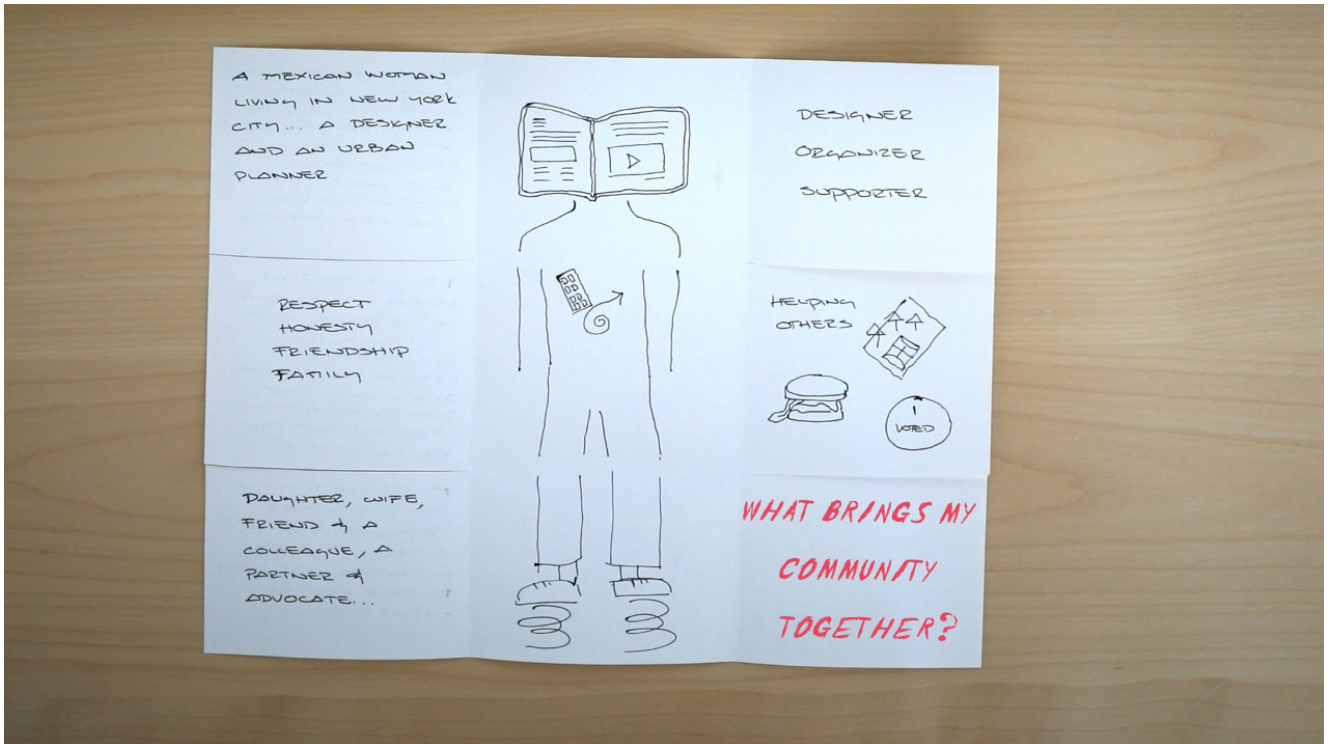
On the right page write, draw an answer to the following questions. On the top fold, answer:
On the right page write, draw or a combination of both to answer the following questions:
Who am I to my community?



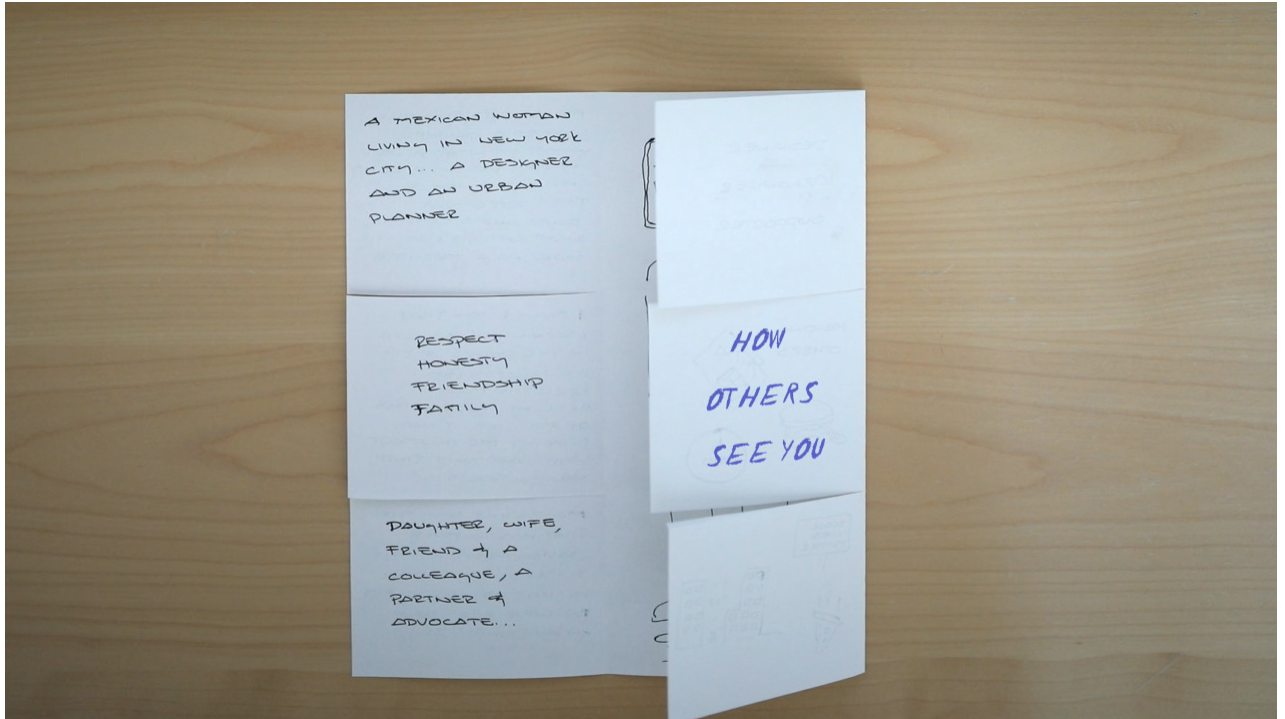
On the middle flap: What does my community value?



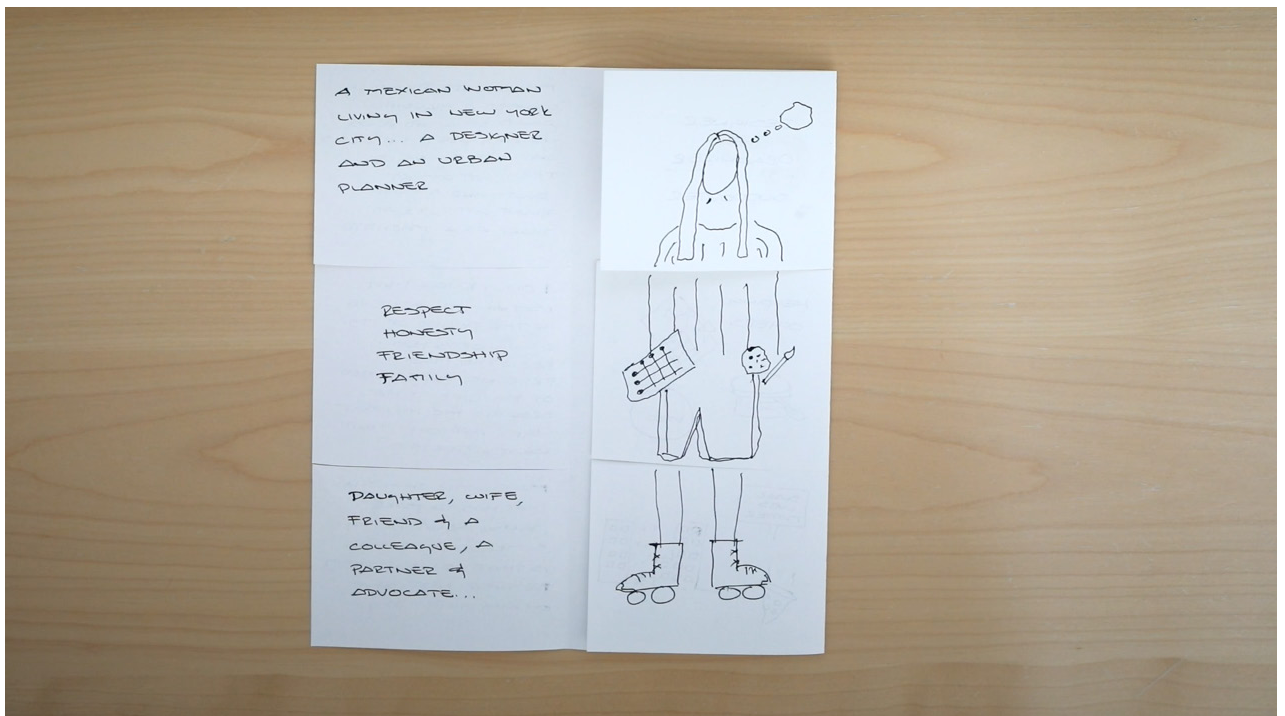
On the bottom flap: What brings my community together?



10. Fold over the flaps on the right. On the blank sections, draw how others see you.



In the top area draw your head and shoulders. In the middle area draw your arms and torso. In the bottom area draw your legs and feet. You can use objects, abstract shapes, or animals to represent different ideas. Get creative!



11.

Mix and match to play with different combinations.

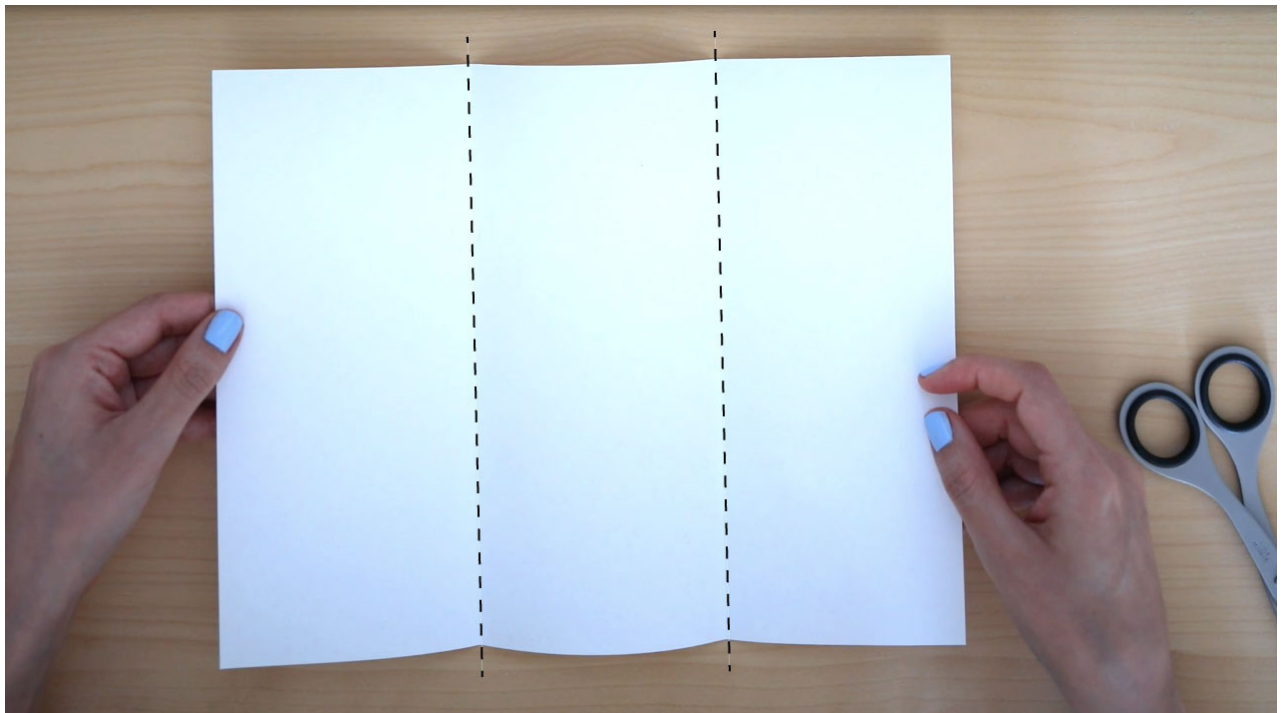


Reflect: When does our identity change? How does our identity overlap with our favorite character or people we look up to? How does our community impact and shape us? How do we impact our community?

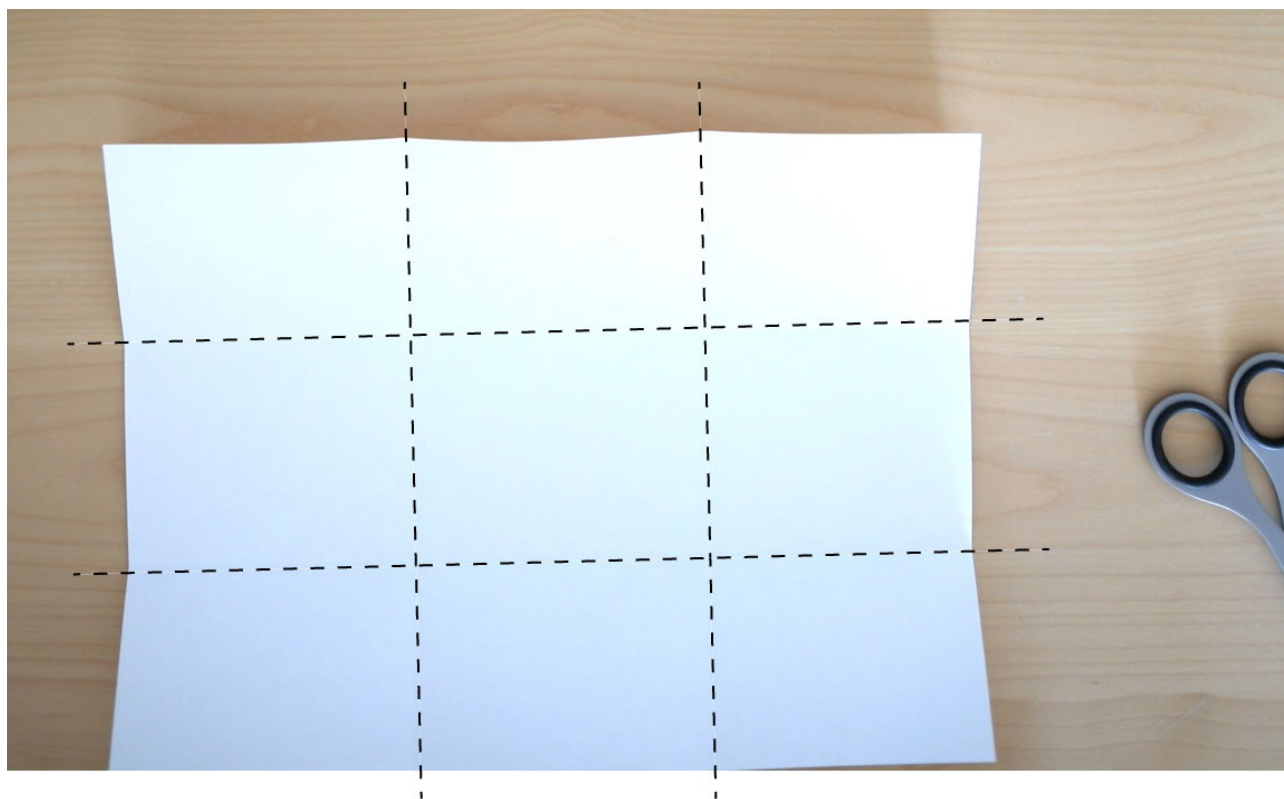
How to make the booklet

A.

Fold your paper in thirds.



- B.** Turn your paper and fold it into thirds again. You should now have nine equal size squares outlined by the creases in the folds.



- C.** Cut along the only the outside creases. You will make six flaps total.

