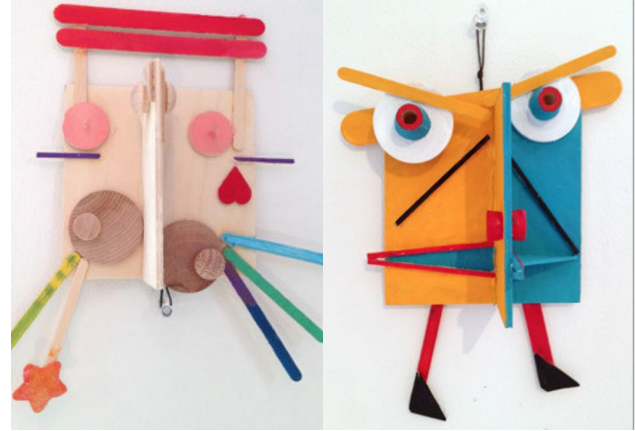


Finding Your Inner Creature

Everyone is unique. We all have different personalities, different lived experiences that make up who we are, and a different voice inside our head. All of that and more makes up our “inner creature.” Use items you can find around your home to create a mixed media, 3 dimensional sculpture of your own unique inner creature.



Materials:

- A base for your inner creature- cardboard, paper plate, wood block, etc.
- Craft materials (e.g. popsicle sticks, paint, markers, cardboard, pipe cleaners, fabric, magazine pictures)
- Special materials-Items with a special meaning that expresses who you are (optional)
- Glue or tape
- Scissors

Steps:

1. Take a few minutes to brainstorm what makes you uniquely you. This can include things like your memories, your interests, your favorite things, your personality, etc.
2. Find a base that you want to use.
3. Look around your home for any objects you can use to make your inner creature.
4. Attach these items to your base and create your inner creature

Caregiver Tip:

Have a conversation with your child about their inner creature, this piece of art they just created is a representation of who they are. Why did they use the materials they used? What are the meanings behind each part of their art? This activity can be as in depth as you want it to be. For younger kids this may be a simple crafts project, but as kids get older, challenge them to think more deeply about how they see themselves. Encourage them to think of unique items that have special meaning to them when creating their inner creature in addition to normal craft supplies.