All About Me – Self-portrait – Teacher Guide

Grades: K–6
Time Needed: 20–30 minutes

Activity Overview
In this activity, students create a self-portrait that represents who they are. Students reflect on their unique traits, interests, and qualities while drawing themselves. The activity reinforces the idea that everyone is different, unique, and one of a kind, and encourages positive self-awareness and respect for others.

Learning Objectives
- Develop self-awareness and confidence
- Express identity through visual art
- Communicate ideas about oneself verbally or in writing
- Recognize and respect individual differences

Materials Needed
- White paper or self-portrait worksheet
- Crayons, colored pencils, or markers
- Pencil (optional for writing or labeling)

Activity Instructions
1. Reflect: Ask students to think about what makes them special and unique.
2. Draw: Students draw a self-portrait showing how they see themselves.
3. Describe (Optional): Students add words or a sentence about themselves.
4. Share (Optional): Students share their portrait with a partner or class.

Teacher Prompts
- What makes you unique?
- How do you want others to see you?
- What are you proud of about yourself?

Differentiation
- Kindergarten–Grade 2: Drawing with oral explanation
- Grades 3–4: Drawing with labels or one sentence
- Grades 5–6: Drawing with one to two reflective sentences

Standards Alignment
Common Core – Writing: W.K.2, W.K.3, W.1.3, W.2.3, W.3.2, W.4.2, W.5.2, W.6.2
Common Core – Speaking & Listening: SL.K.4, SL.1.4, SL.2.4, SL.3.4, SL.4.4, SL.5.4, SL.6.4
Common Core – Language: L.K.1, L.1.1, L.2.1, L.3.1, L.4.1, L.5.1, L.6.1