



I Am Collage Activity

Youth list positive attributes about themselves and create a collage to reflect the things that make them important.

Step-by-step Guide

- 1. Reflect:** Help youth make a list of what their positive attributes are about themselves.
- 2. Create:** Hand out a piece of paper for youth and put the magazines, scissors and glue in the middle of the table. Allow youth to look through the magazines and cut out any words or images that relate to their positive attributes. If youth see themselves as brave, have them cut out a picture of a lion. If youth see themselves as musical, encourage them to cut out pictures of musicians. Attach the magazine cutouts to a piece of paper with a glue stick or liquid glue.
- 3. Share:** Once all youth have completed their I Am collages, allow them to share their creations with each other and the rest of the family. Have them explain why they chose the images and words they did and how they feel when they look at their collage. Encourage the group to complement each other's artwork and pick out things they like about it.

Thrive it up!

Positive Identity: This activity only focuses on positive attributes young people see in themselves. Be mindful that the language youth are using to describe themselves is positive, complimentary and kind.

Creativity and Innovation: Inspire youth to be creative during this activity by coming up with metaphors to describe themselves. Odds are, there won't be an overwhelming number of perfect adjectives in the magazines youth will use. Encourage youth to think outside of the box and choose images that are symbolic.