

Program Name: I AM Self Portraits

Artist: Jamie Lyon

Special Requirements:

Smart board, White board or chalk board. Art supplies: sharpened pencil, eraser, markers, crayons, colored pencils, glue sticks & scissors.

This program is also available as a residency.



Workshop Description

The I AM Self Portrait workshop is a visual and language workshop that will allow students to explore their true self. Self-portraits and descriptive words (ex. I AM strong, I AM happy, I AM afraid) will be used to create an artistic portrayal of the student. We will review and explore historical and current self-portraiture, using art to build self-confidence and learn tools to increase esteem.

The I AM Self Portrait workshop is also available as a residency (2 or more sessions).

The residency will continue the self-worth and positive self-talk activities, all wrapped up in creativity and artistry.

Art is a wonderful way to express feelings. The students will use their imagination, skills, and a variety of art supplies to communicate who they are. They will remember that whatever word follows “I AM” will track you down - good or bad!

Be kind, have fun, be confident and create...create...create!!!

Educational Objectives & Standards

Students will:

- Gain self-confidence through visual and language arts.
- Learn about themselves.
- Learn that art can help them communicate their feelings.

Standards addressed:

- Knows how different media, techniques, and processes are used to communicate ideas, experiences, and stories
- Uses descriptive language that clarifies and enhances ideas.
- Engages in active listening.

Artist Bio



List of Resources:

Books:

The Wrecking Ball
by Alanna Jones

Creative Therapy
by Janet Stubbs

The Mixed up Cameleon
by Eric Carle

Chowder
by Pete Brown

Online Resources:

www.self-help-healing-arts-journal.com

www.bravegirlsclub.com

www.artprojectsforkids.org

www.joyfullearninginKC.blogspot.com

www.Oprah.com (Lifeclass I AM with Joel Osteen)

Contact KCYA for more information about this and other programs

816.531.4022
KCYA.org

After 15 great years of working in the commercial photography industry, I realized my heart was leading me in a new direction. I wanted to make a difference while I'm here. I wanted to do something that inspires joy and has greater meaning beyond myself. I now create art for children's rooms and teach self-esteem enrichment for youth. Ultimately, my goal is to help children and teens become confident and happy individuals with strong communication skills. I use visual art as a tool to help convey these skills. I truly enjoy

working with children of all ages. It makes my heart sing to help them express their inner self through art. I want to help them realize how special they are. I believe the spread of self-confidence will help overcome the tragedies our youth deal with on a daily basis.

My inspiration comes from my two adorable children. They are a blast and I love them beyond measure. I'm so blessed to have a supportive and loving husband, amazing family and wonderful friends. I value my life and have gratitude for each day.

"Be the change you wish to see in the world." -Mahatma Gandhi

Vocabulary

Self-Portrait: a portrait one draws or paints of oneself.

Expression: the act of expressing, conveying or representing in words, art, music or movement; a manifestation.

Create: to produce through artistic or imaginative effort.

Reflection: the capacity for oneself to exercise introspection and the willingness to learn more about our self.

Multi Mediums: a variety of artistic materials used to create final piece.

Awareness: the state or ability to perceive, to feel, or to be conscious of events, objects or sensory patterns.

Joy: happiness

Self-Confidence: having confidence in oneself

Post-Workshops Activities

- Have the students continue building their boards, they can find words in magazines, books, at school and/or at home
- Pair the students and have them exchange "I AM" boards. The partner writes or creates additional words to go on the other persons board. A positive and structured way to give and receive compliments
- Students can draw a full body portrait of themselves. Have them circle areas they like about themselves such as their heart if they are kind, legs or arms if they are a good athlete, if they are smart, their minds. Try not to have them focus on surface details like pretty hair, legs, etc. This activity should be about inner strengths and how our bodies help us be better