

# Art Activity: I Am

This project focuses on the **client's identity** — using art to empower who they are, what makes them unique and their strengths. This strengths-based project can be a great way to get to know your client or for them to articulate the qualities that help them survive and be resilient.

## Materials

- 2 sheets of 11 x 8.5 paper, preferably cardstock, construction paper, or cardboard
- Markers/pens
- Magazine/ magazine pictures
- Glue stick
- Scissors
- 1 sheet of computer paper
- Ability to type and print a list of words that describe the youth

## Directions

1. Cut a small circle out of 1 of the sheets of paper and have the client write the words “I am” on the circle. Set aside.
2. Have the client choose colors and/or patterns from the magazine pictures.
3. Have the client cut the magazine pictures into triangles and glue them to the other sheet of paper with the points meeting in the middle of the page.
4. Glue the circle that says “I am” in the middle of the page.
5. Have the youth come up with a list of words that describe who they are (“an introvert”), their roles (“a sister” or “a friend”), their strengths, their characteristics, their interests (e.g. “movie lover”), etc. As they choose the words/phrases, have the client complete the sentence “I am...” with what they have chosen.
6. With the client, type, print and cut out the words and phrases the client selected. You can also have the client write them by hand on paper and cut the words apart.
7. With the client, glue the words onto the magazine pictures (see image above).

