



SEL

Perspective Art

# Positive Attribute Art

## Objective:

Creating art for Social Emotional Learning and increasing confidence through creating.

## Materials Needed

- Piece of paper
- Markers, crayons, or even colored pencils.

**Suggested Literature:** *Be Who You Are by Todd Parr*



### Step 1:

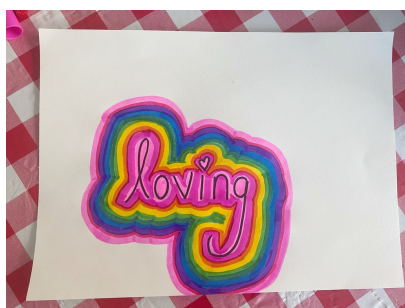
There are many wonderful things about you. You are unique and that makes you special. What is one positive attribute about yourself?

You may make many of these art pieces but for right now let's just pick one. Now write the word in the center of your paper.



### Step 2:

This is where you have ultimate creative freedom. You can pick any color you want to use next and add designs or trace around each letter.



### Step 3:

Choose another color and keep going! You can draw lines, dots, swirls, zig zags. Which designs did you choose next?

Keep creating and have fun! What other words describe you? When you're finished, you can hang them around your room to remind yourself just how wonderful you are.

**For more ideas** [www.how2play.today](http://www.how2play.today)

*This art lesson created for you by Randi Belcher*



Age/grade for projects are simply suggestions and may be used with other age groups.  
Some activities may not be suitable for younger children. Supervise your children at all times.