



collaborations: teachers and artists

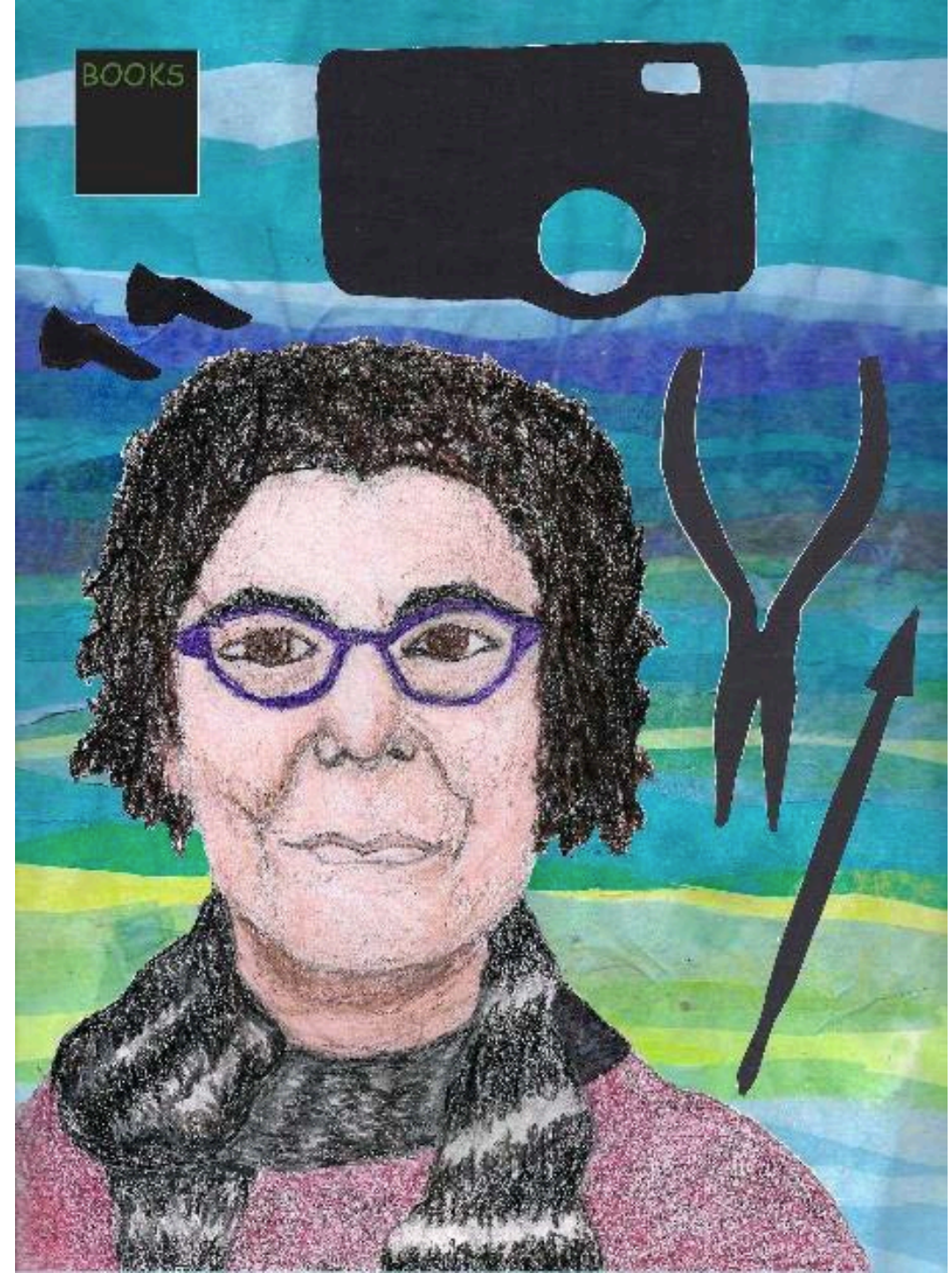
Who Are We? An Exercise in Diversity and Inclusion

A Self-Portrait by Carmela Castrejón

- **This is an exercise that explores who you are. Create a self-portrait that highlights what is most important for others to know about you.**
- **The following project is designed to complement Grades 5 and 6, Unit 1 Diversity and Inclusion, Lesson 1.1 Who Are We**
<https://online.sanfordharmony.org/lessons/sfwd-grades-Grades-5-and-6-Unit-1-Diversity-and-Inclusion-11-Who-We-Are/>

Description

- **Create a self-portrait, placing on the background items that represent you. Write a narrative describing who you are, why your symbols are significant, and what they reflect about you. See: [Who-We-Are/.](#)**

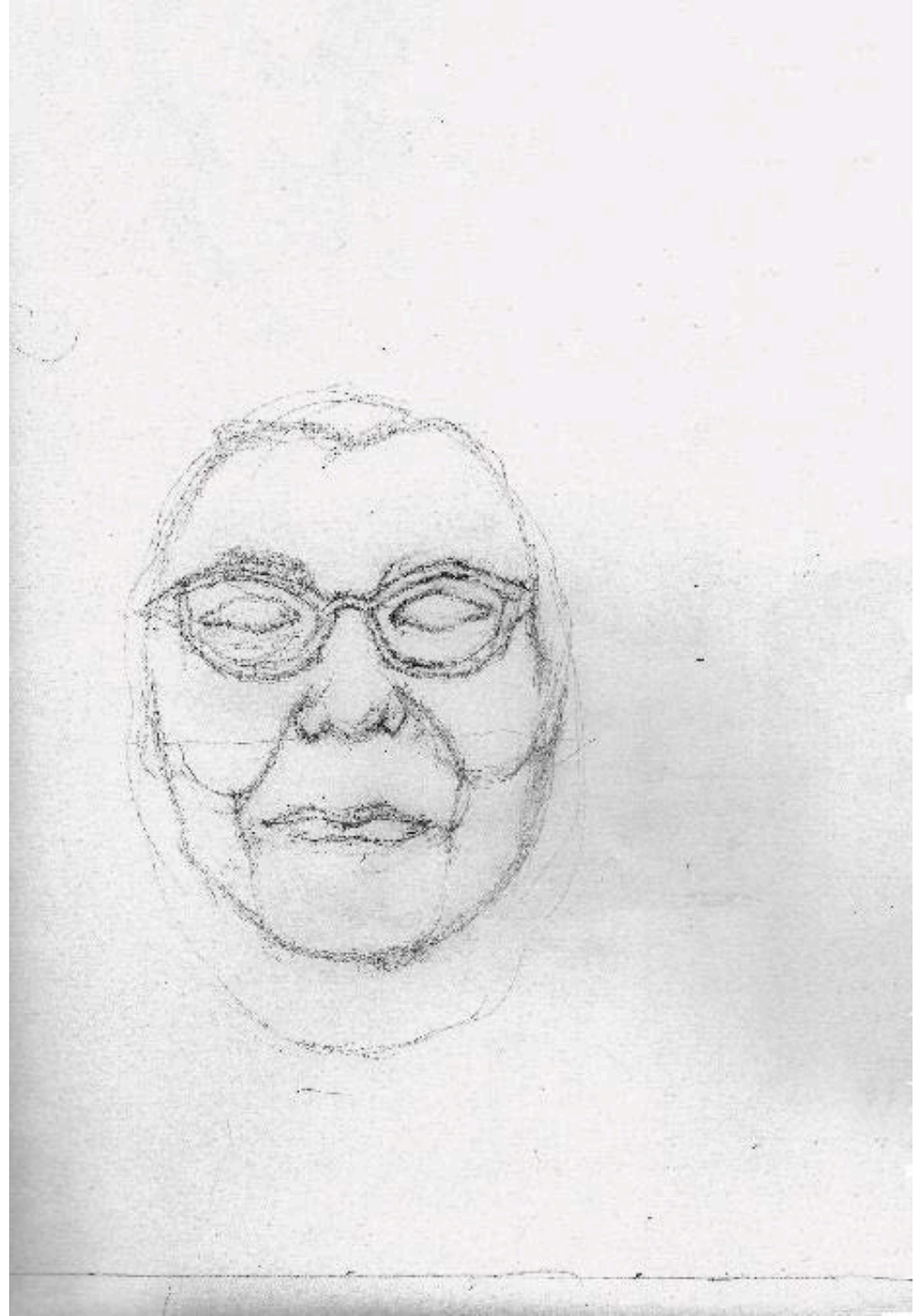


Materials

- **An image of yourself, whether it's a photo, a selfie, or you looking in the mirror**
- **Pencil**
- **Papers**
- **Scissors**
- **Glue**
- **Brush**
- **Crayons, colored pencils, pastels, or paints**

Step 1

- **Create your self-portrait.**
- **On a piece of paper consider where to place your drawing. Start by using your pencil lightly. Draw yourself, which can be your head, whole body, your hands, etc.**
- **Attached is a how-to video link as support for your drawing.**
<https://pin.it/3j8zrBX>



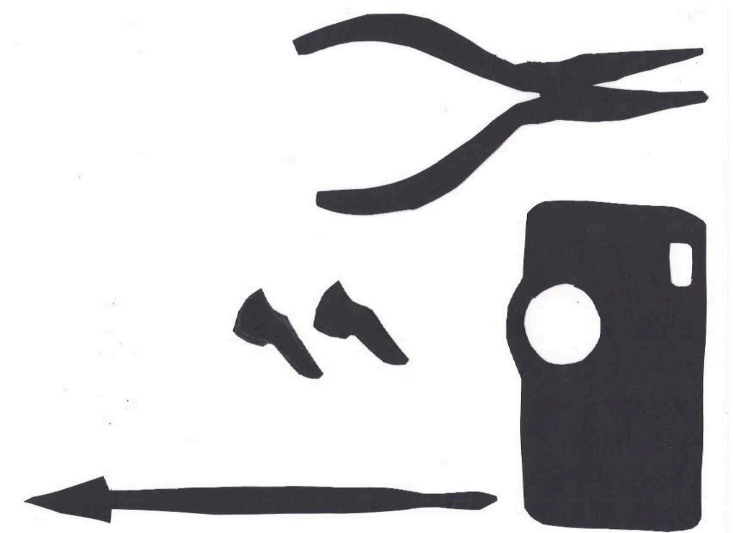
Step 2

- **Add color to your portrait.**
- **When your drawing is done, add color. I used crayons, but use any coloring tool you might have—colored pencils, chalk, pastels, watercolors, or paint.**



Step 3

- **Create the background.**
- **How can the background represent you? I used wavy strips of tissue paper, representing the ocean, my favorite place. I glued them to the background.**
- **For my important items I drew the shapes on black paper, cut them out, and arranged and glued.**



Step 4

- **Write a narrative.**
- **Write a brief description about who you are, and how the symbols represent you.**

“Hola, I’m Carmela. My favorite place to be is the ocean. I love staring into the moving waves of water, always in motion. I like to work with my hands, to take materials and shape them into something else. At times I use tools; the two in this composition are the most useful. Just like with ocean waves, I like to observe people, their motion, stillness, or clues of their presence left behind. With a camera I freeze these moments and use the photos to create visual stories. I travel with books and shoes. Books take me to many places—to the past, the future, to imagined or existing places. You could say walking is my favorite sport. As I travel with my feet, I enjoy the surfaces I step on, the sounds I hear, the sights I see, and the scents of new or familiar things.”

Step 5

- **Share your portrait.**
- **Share your portrait (illustration and narrative) with household members or classmates.**



Connections and Reflections

- As an artist: How did you feel sharing some important things about yourself in your illustration and narrative? Did you reveal anything you don't normally tell others? How might people understand you better if they knew the things about you that you represented in your drawing and narrative?
- If sharing work with classmates: What did you learn about your classmates? What similarities and differences did you notice?
- We learn a lot more about people by taking the time to talk to them, and learn about their interests, likes, and dislikes. Sometimes we draw conclusions about people based on what we see. Our initial assumptions are not always right. Take the time to learn about your classmates, neighbors, or household members. Recognize your groups' similarities and differences, and appreciate people for who they are.