Hello Parents, Educators and Caregivers!

We all want our children to grow up to become caring and socially conscious citizens of the world: self-confident, curious and compassionate. This “My Story” activity is designed to help children think more deeply about the themes presented in The Barefoot Book of Children, as well as to reflect on what makes each of us special.

Through books, thoughtful discussions, and activities like this one, we can help children feel confident in their unique identities, identify and express their feelings, and develop empathy towards others.

Instructions:

- Print out the My Story activity on the next page (print double-sided if possible) and fold it in half.
- Keep The Barefoot Book of Children accessible for kids to look at as they work.
- If you have more than one child who has completed the activity, help children to notice what is similar and different about their “stories” when they are done.

Tips:

Self Portrait:
Offer children a mirror to use when completing the self-portrait. Provide drawing materials that offer many gradients of color, like crayons and colored pencils, so that children can try to match their skin color, eye color and hair texture as accurately as possible. For children who are not yet creating representational drawings, help them choose colors that match their appearance for scribbling.

Names:
Help children look up the meaning of their names online or in a naming book. For children who are not yet writing their names or drawing representational pictures, write their name for them and allow them to scribble on it.

Family:
Family means different things to different people. If your child would like to include pets or family friends in the portrait, that is great! For children who are not yet creating figurative artwork, ask them who is in their families and write down their words. Then allow them to scribble or make marks creatively.

Hopes & Dreams:
Encourage kids to look at some of the images in The Barefoot Book of Children if they need inspiration! For children who are not yet creating representational drawings, ask them in simple language what they would like to do when they are older. Record their words and let them scribble in the space.

Enjoy!

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Barefoot Books
step inside a story

www.barefootbooks.com
My Name
What’s your name? Does it have a meaning?

Write your name. Draw what it means or what you’d like it to mean.

My Family
Who is in your family?

Draw your family here!