



#FontanaTogether

Self-Collage

Creating a self-collage can help kids develop better self-awareness about who they are. Painting and drawing can serve as positive coping strategies to manage stress. Parents and students will work together on a shared drawing self-collage.

Materials:

- Paper
- Crayons
- Markers
- Magazines
- Scissors
- Glue
- Photos

Instructions:

1. Choose a base for your collage. (The base can be as simple as a piece of paper.)
2. Collect the items to glue onto your base.
 - a. Magazines, Photos, and/or Ribbon.)
3. Create your collage. Try to plan it out a little bit by arranging collage items on your base before you glue it down.
4. Glue items that represent who you are
5. Set it aside and let it dry.

Modifications:

- To make this more challenging, try and have the kids create portraits of different people that they are close to (family, friends, etc.).

