

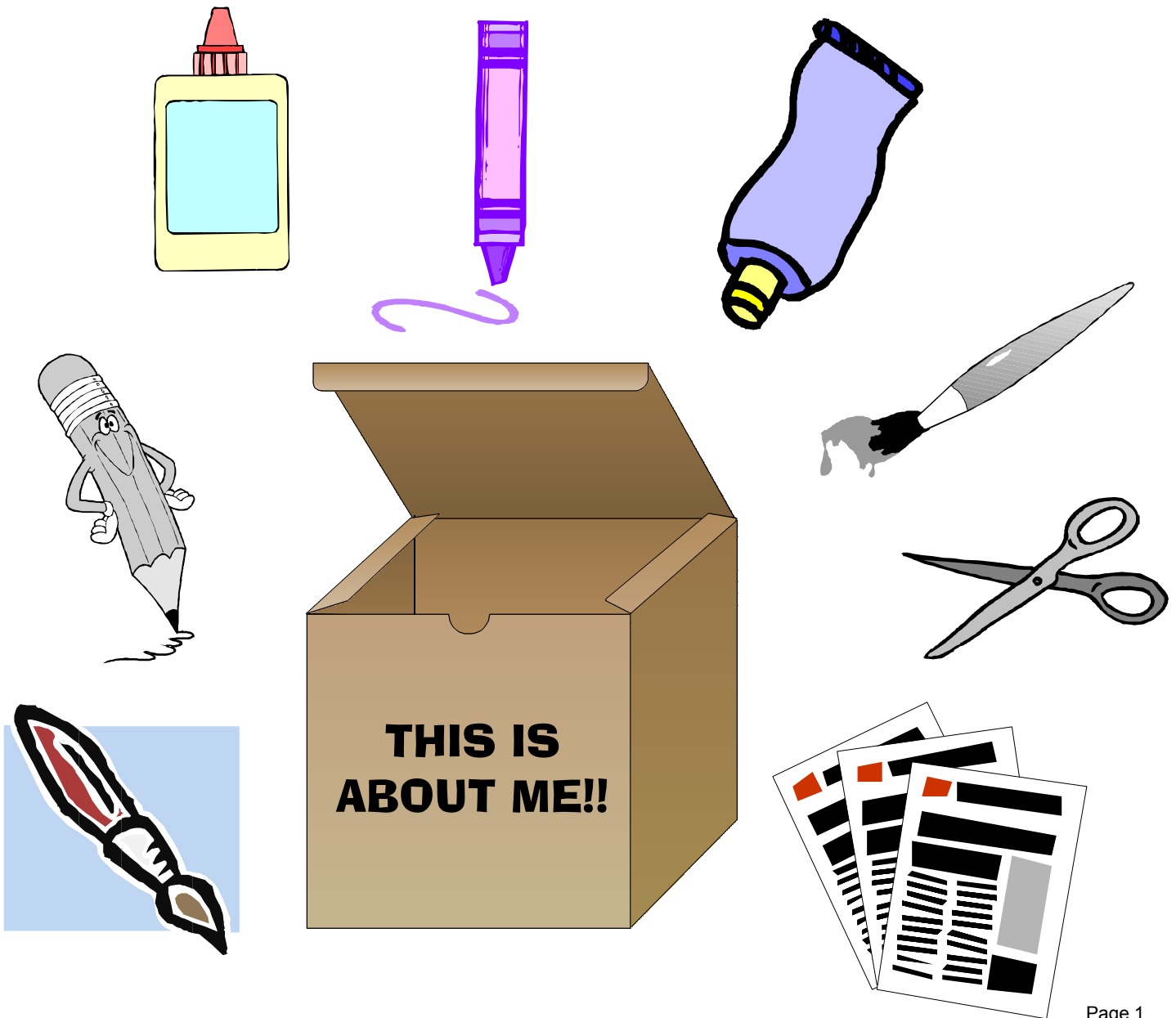
AN "ABOUT ME" BOX

Have you ever been frustrated because you wanted to say something, tell a friend about your recent vacation, or describe how you felt when you heard a new song, but you couldn't put it all into words? This activity will help.

Someone once said that a picture is worth a thousand words. For this exercise, you will use pictures, objects, and other things to tell people about yourself. Follow the steps below.

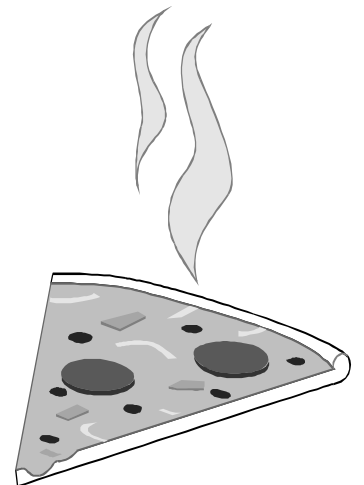
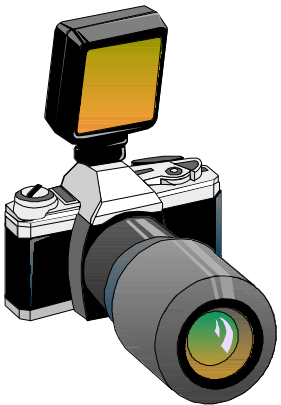
(1) MAKE YOUR BOX:

Decorate the container of your choice in a way that tells others something about you. Be creative! You can use different containers (a plant pot, a Kentucky Fried Chicken Bucket, a beach bucket, a shoe box with comic strips on it, etc).



(2) FILL YOUR BOX:

Pick different things that answer the questions below. These can include objects, pictures, music, food, aromas, things that have a certain texture things that feel a certain way like being sand paper being scratchy and cotton being soft), and more!



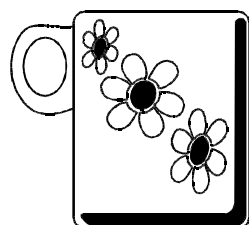
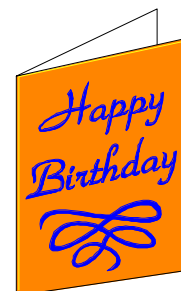
CHEAT SHEET!!

Confused?? Here are some examples to help

- a family photo “talks” about your family



- a card from a friend “talks” about your friend



- a coffee mug the restaurant where you work “talks” about your job

- a house key “talks” about your apartment



- a trophy, medal or newspaper story written about you “talks” about something you’re proud of

- a bag of play money “talks” about your dream of getting a good job one day that pays well



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Thanks to the following people for helping develop “About Me Boxes”:

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Doreen McConaghy, Angela Semonelli & Carol Wilson*