#NCSconnects Virtual Activity

**Activity:** Inside Out Self-Portrait

**Category:** Cultural, Civic and Community Connections

**Suggested Grade Level:** Grades 7-12

**Description:** Through this creative self-portrait, teens show the different layers of who they are as a person. This thought-provoking activity allows teens to reflect on what parts of themselves other people would not know just by looking at them, as well as how they may misjudge others based on appearance.

**Supplies:**
- Notebook or piece of paper
- Markers, crayons, or pencils

**Instructions:**

1. Using your markers or crayons, draw the outline of a head with a vertical line down the middle.
2. On one side of the head, draw a self-portrait of yourself based on what others can see. If you have a mirror, you can use your reflection as reference.
3. On the other side of the head, write words or draw pictures that reflect parts of you that others cannot see just by looking at you. These words or pictures can be thoughts, interests, or anything that represents you beyond physical features.

4. Once you have completed your picture, reflect on it. Are there parts of you that others cannot see that you’d like to share?
5. Spend some time reflecting on how it’s common for us to create perceptions of other people based on appearance, but it’s important to take time to get to know others and learn about the parts you cannot see at first or even second glance.

6. If you feel comfortable, share your new creation with family and friends.