



## Body Tracing Self-Portraits

*This cheap, low-impact activity can yield many hours of color, decorating, and discovery!*

**Project Type:** Creative/Tactile

**Group/Individual:** Individual

**Lesson Plan Audience:** Maker Mentor, Maker

**Time:** 30 minutes - 1 hour

**Hard Skills:** Drafting and drawing

**Soft Skills:** Design concepts, project planning, self-expression

**Ideal # of Participants:** 1-10 (possible number of participants depends on available space, since the drawings are life size)

**Age Group:** 5-9

### **Ideas for Taking it Further:**

This can be a great conversation starter for a lot of things, like how kids feel about their body image or appearance, or how they view themselves within the library.

If you want to use this as a catalyst for a puppet project, you can make cuts at the limbs and reattach them with fasteners.

### **Difficulties/Tips:**

Make sure you have at least one very large roll of paper. If you roll it out extra long, you can have several kids tracing at the same time.

**Materials:**

Large rolls of paper  
Scissors  
Markers, crayons or colored pencils

**Optional:**

Glue stick  
Hot glue  
Cardboard  
LEDs

**Steps:**

1. Pair up with a friend and roll out a sheet of paper as long as your body.
2. One of you must lie down on the paper. Get into a position that expresses who you are!
3. Have your partner trace you, carefully, with a washable magic marker.
4. Switch! Now have your partner lay down and you must carefully trace them with a marker.
5. Decorate! Color in your outline! Your drawing can be wearing what you're wearing, it can wear your fantasy outfit, it can be filled with dots and scribbles and lines and shapes!
6. Cut it out! Carefully use a pair of scissors to cut out your drawing.
7. Now you can roll it up, tape it on your bedroom door, light LEDs all over it, back it with cardboard and make it a puppet, or anything else your heart desires!