

Exploring My World

Have you talked to yourself lately? Out of all the people in the world, the most important one to get to know better is yourself. Knowing yourself helps you learn about your strengths, interests, and goals. As you go, you'll figure out how to express yourself and your talents.

Part of getting to know yourself is exploring

the world around you. It's full of amazing arts, ideas, and experiences. Which ones excite you the most and make you want to learn more? What new things would you like to discover?

Delve into your interests and dreams, then see how they can help you be of service to the world. Here are some questions to get you started on your fascinating adventure.

Name: _____ Age: _____

Where I live: _____

My best virtues or qualities: _____

Who or what makes me happy: _____

I like to be helpful by: _____

Favorite hobbies or sports: _____

Favorite subjects in school: _____

My cultural background: _____

My faith or beliefs: _____

Favorite animal or pet: _____

Favorite foods: _____

Favorite combination of colors: _____

Favorite fictional character and why: _____

Favorite music or instruments: _____

When I grow up, I want to be (future career): _____

An accomplishment I'm proud of: _____

Places I'd love to visit someday: _____

Things I'd like to learn to do: _____

My favorite ways to be creative: _____

Things I collect (such as stamps or rocks): _____

An inspiring quote or motto that I try to live by: _____

A Box About Me

Take a look around your house—do you see a lot of zebras? How about elephants or airplanes? If you have more than a few of anything—from toy figures to trading cards to cool rocks—you’ve started a collection.

Collecting is a fun way to express yourself and your interests. What you collect reflects what you love or get excited about. It can be anything you find, create, buy, or get as a gift. The items don’t need to be expensive or new. You might collect stamps, special coins, stickers,

beads, or buttons. You can collect things from nature, such as seashells or leaves. Maybe you’re crazy about turtles or horses and want to collect things featuring your favorite animal. Or if you love a certain country, you could collect items from there.

If you don’t have a collection, look around for things that make you smile or feel peaceful or creative. Then you can display your special things in a self-expression box that symbolizes your talents, dreams, or virtues.

You'll Need:

- shallow box made of wood or sturdy cardboard (ideally at least 8" x 8" or 20 cm x 20 cm)
 - a photo of yourself
 - cool items to display
 - colored or patterned paper or fabric
 - scissors
 - glue
- Optional:
- copies of favorite photos and magazine cut-outs
 - paint and paintbrush
 - smaller boxes or pieces of strong cardboard
 - string and tape
 - plastic wrap

What You Do

1. Think about your interests and what excites you the most. If you already collect things, choose some small items to put in your self-expression box. If you don’t have a collection, gather small items that represent you.



2. Choose a box that’s sturdy enough to stand on its side. You can use a box with a hinged lid, and display it propped open. Use paper, fabric, photos, or paint to decorate the outside.



3. Before gluing objects to the inside of your box, do a rough design. Choose one object to be the central focus, such as the photo of yourself. Create your background with paper, fabric, more photos, or paint.



4. Experiment with the placement of items—play with shapes, colors, patterns, and sizes. You can use smaller boxes, pieces of cardboard, or wood to create sections or shelves. You can also hang items from the top with string and tape. Have fun! After you’re happy with your box’s design, glue everything securely in place.



5. You can protect your box by taping on plastic wrap to the front.



6. Share your box with friends and family. Tell stories about the objects in your box and what they mean to you.