

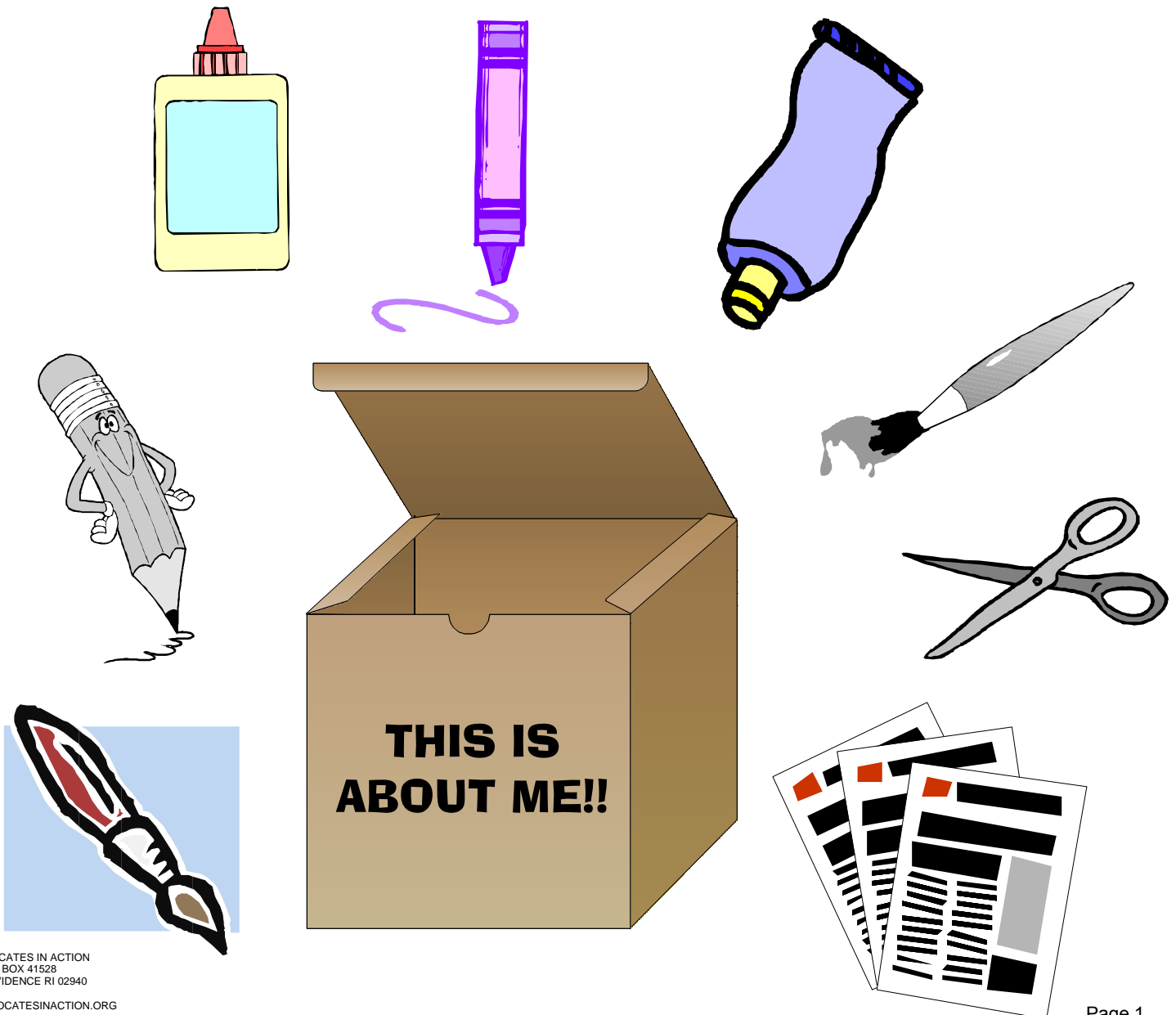
AN "ABOUT ME" BOX

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.

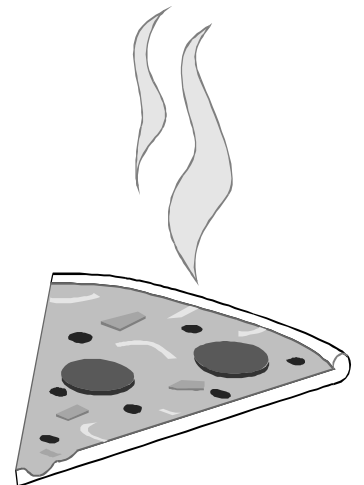
(1) MAKE YOUR BOX:

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!



ABOUT ME BOX QUESTIONS

Use this sheet to take notes on your answers for what to put in your box.
Get a friend to help you write things down if you want - or you can draw pictures!

**** REMEMBER: THIS IS ABOUT YOU! THERE ARE NO WRONG ANSWERS! ****

(1) Where do you call "home"?

What kind of home do you live in? Where is it? Who do you live with?



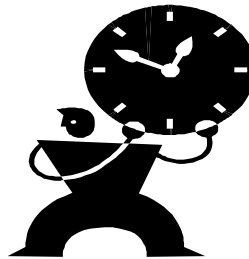
(2) Who are your friends?

Who do you hang out with because you want to, not just because you work or live together?



(3) How do you spend your time?

Do you have a job? Go to school? Volunteer?



(4) Share something you've done that you're PROUD about.

What is something you want to CELEBRATE about yourself?



(5) What is one thing you're good at?

Do you have a skill or a gift that could share with others?



(6) What is one thing you would like to learn?

A job skill? A craft? A topic you don't know much about?



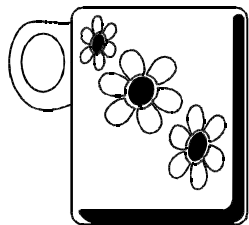
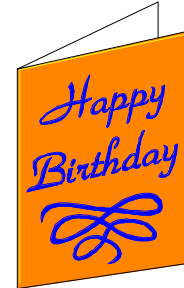
CHEAT SHEET!!

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



(C) 1998, Advocates in Action

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

*Lynda Kahn, Deb Griffin, Jo Krippenstapel, Tim LaFazia,
Doreen McConaghy, Angela Semonelli & Carol Wilson*