



# Hope at Hand

## “All About Me”

### Directions

1. Start: Read “All About Me” poem and “I Am Old and New” poem. Have students underline the most meaningful line(s) for them.
2. Write: Fill in “I am” poem to help build confidence. Fill in the blanks with information all about you. Give the students the option to stand and share a few lines from their poem.
3. Art: Create a self-portrait by drawing yourself. You can use words or symbols to fill in the space. Show example. Have fun!!

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

White card stock and markers.

## **All About Me**

by Zig Ziglar

You don't have to be great to start  
but you have to start to be great.

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by Zig Ziglar

You don't have to be great to start  
but you have to start to be great.

## **I Am Old and New**

by unknown

I am old and new  
I wonder what to expect  
I hear pages turn  
I see my world transform  
I want to jump in  
I am old and new  
I pretend to fight dragons  
I feel alive  
I touch another world  
I worry for the hero  
I cry on the last page  
I am old and new  
I understand all things must end  
I say this has just begun  
I dream of adventures  
I try to save the world  
I hope you will join me  
I am old and new

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## I Am Poem

I am \_\_\_\_\_

I wonder \_\_\_\_\_

I hear \_\_\_\_\_

I see \_\_\_\_\_

I want \_\_\_\_\_

I am \_\_\_\_\_

I pretend \_\_\_\_\_

I feel \_\_\_\_\_

I touch \_\_\_\_\_

I worry \_\_\_\_\_

I cry \_\_\_\_\_

I am \_\_\_\_\_

I understand \_\_\_\_\_

I say \_\_\_\_\_

I dream \_\_\_\_\_

I try \_\_\_\_\_

I hope \_\_\_\_\_

I am \_\_\_\_\_

## I Am Poem

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I hear \_\_\_\_\_

I see \_\_\_\_\_

I want \_\_\_\_\_

I am \_\_\_\_\_

I pretend \_\_\_\_\_

I feel \_\_\_\_\_

I touch \_\_\_\_\_

I worry \_\_\_\_\_

I cry \_\_\_\_\_

I am \_\_\_\_\_

I understand \_\_\_\_\_

I say \_\_\_\_\_

I dream \_\_\_\_\_

I try \_\_\_\_\_

I hope \_\_\_\_\_

I am \_\_\_\_\_



WRITE

LOVE

GIVE

HOPE

READ

BROOKS

# My Self Portrait

