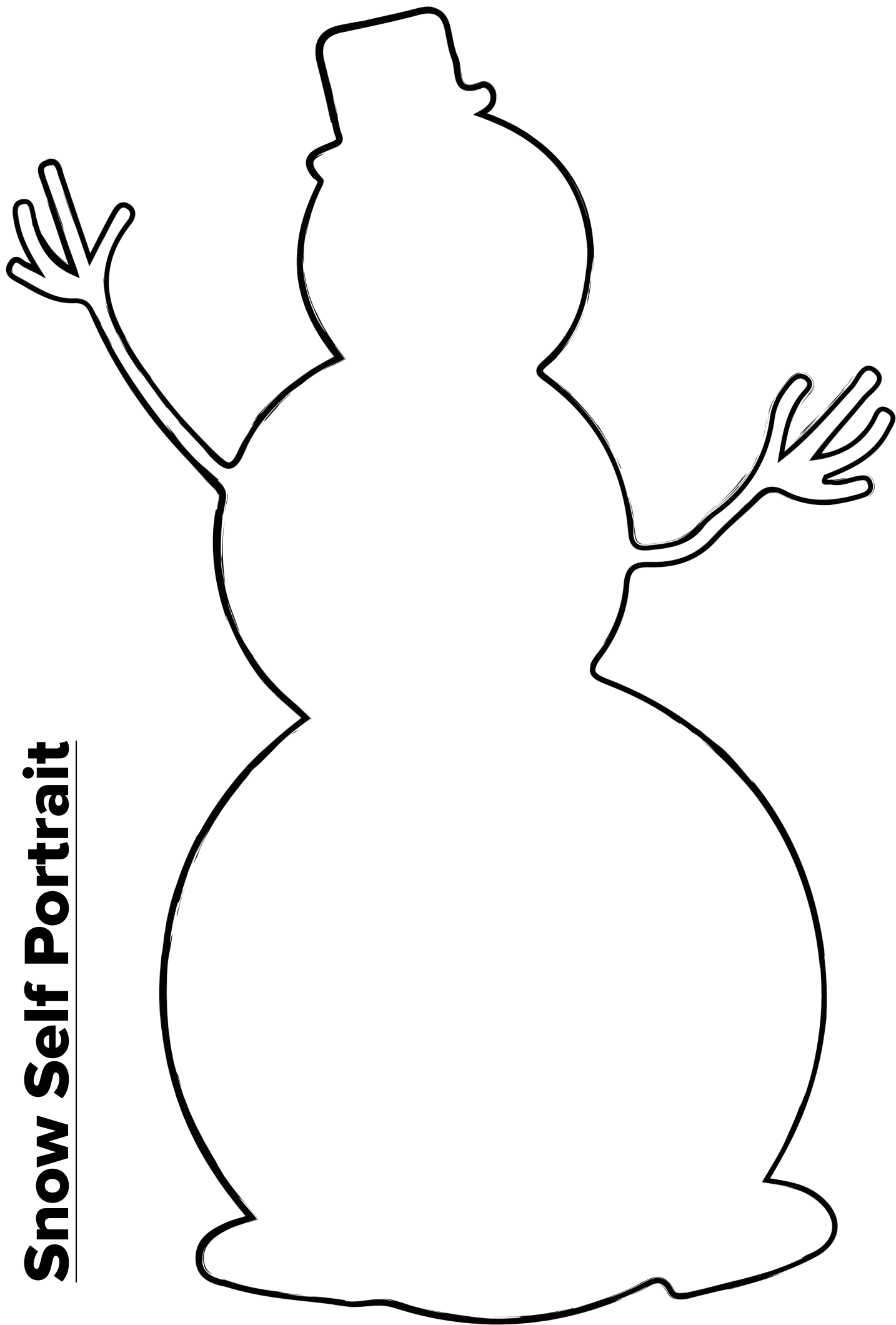


# Snow Self Portrait



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# Snow Self Portrait

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For this activity you will need:

- Blank Snow Person sheet
- Pens
- Scissors (optional)
- Glue (optional)

## Option 1

As you begin, explain that this snowman/snow-woman will represent the young person you are working with. Starting with the head, get them to write/decorate/draw in each section in answer to the question 'how do I feel?' They may wish to draw a face on the snow-person that describes them. If they get stuck, there are some suggestions at the bottom of the page.

Then, once you have done that section, move onto the middle and get the young person to think and then draw/write/decorate around the question **what do others think of me?** Then do the same with the last section around **what do I think of myself?**

Feel free to discuss with the young person what they are doing/have done whenever you think is best.

## Option 2

This option is similar to the first one, but if you want more explicitly Christian content, rather than the headings suggested above, the different sections of the outline could be:

Head = **What do others think of me?**

Middle = **What do I think of myself?**

Lower = **What does God think of me?**

