

# Kansas City Young Audiences

## Teacher Program Guide

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### ‘I AM...’ SELF PORTRAITS

Artist: Jaime Lyon

### Workshop Description

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more information on  
this and other  
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816-531-4022  
[www.kcya.org](http://www.kcya.org)

The “I AM self portrait” workshop is a visual and language workshop that will allow the students to explore their true self. Self-portraits and descriptive words (ex. I AM strong, I AM happy, I AM afraid) will be used



to create an artistic portrayal of the student. We will review and explore historical and current self-portraiture, using art to build self-confidence and learn tools to increase esteem.

The “I AM self portrait” workshop is also available as a residency (2 or more sessions).

The residency will continue the self-worth and positive self-talk activities, all wrapped up in creativity and artistry.

Art is a wonderful way to express feelings. The students will use their imagination, skills, and a variety of art supplies to communicate who they are. They will remember that whatever follows I AM will track you down-good or bad!

### Educational Objectives and Standards

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#### Students will:

- Gain self-confidence through visual and language arts.
- Learn about themselves.
- Learn that art can help them communicate their feelings.

#### Standards addressed:

- Knows how different media, techniques, and processes are used to communicate ideas, experiences, and stories
- Uses descriptive language that clarifies and enhances ideas.
- Engages in active listening.

#### Special REQUIREMENTS:

Smart board, White board or chalk board.  
Art supplies: sharpened pencil, eraser, markers, crayons, colored pencils, glue sticks & scissors.

## Artist Bio: Jaime Lyon

After 15 great years of working in the commercial photography industry, I realized my heart was leading me in a new direction. I wanted to make a difference while I'm here. I wanted to do something that inspires joy and has greater meaning beyond myself. I now create art for children's rooms and teach self-esteem enrichment for youth. Ultimately, my goal is to help children and teens become confident and happy individuals with strong communication skills. I use visual art as a tool to help convey these skills. I truly enjoy working with children of all ages. It

makes my heart sing to help them express their inner self through art. I want to help them realize how special they are. I believe the spread of self-confidence will help overcome the tragedies our youth deal with on a daily basis.

My inspiration comes from my two adorable children. They are a blast and I love them beyond measure. I'm so blessed to have a supportive and loving husband, amazing family and wonderful friends. I value my life and have gratitude for each day.

"Be the change you wish to see in the world." -Mahatma Gandhi



Jaime Lyon

## Vocabulary

**Self-Portrait:** a portrait one draws or paints of oneself.

**Expression:** the act of expressing, conveying or representing in words, art, music or movement; a manifestation.

**Create:** to produce through artistic or imaginative effort.

**Reflection:** the capacity for oneself to exercise introspection and the willingness to learn more about our self.

**Multi Mediums:** a variety of artistic materials used to create final piece.

**Awareness:** the state or ability to perceive, to feel, or to be conscious of events, objects or sensory patterns.

**Joy:** happiness

**Self-Confidence:** having confidence in oneself

## Post-Workshop Activities

- Have the students continue building their boards, they can find words in magazines, books, at school and/or at home
- Pair the students and have them exchange "I AM" boards. The partner writes or creates additional words to go on the other persons board. A positive and structured way to give and receive compliments
- Students can draw a full body portrait of themselves. Have them circle areas they like about themselves such as their heart if they are kind, legs or arms if they are a good athlete, if they are smart, their minds. Try not to have them focus on surface details like pretty hair, legs, etc. This activity should be about inner strengths and how our bodies help us be better

## List of Resources

### Websites:

- [www.self-help-healing-arts-journal.com](http://www.self-help-healing-arts-journal.com)
- [www.bravegirlsclub.com](http://www.bravegirlsclub.com)
- [www.artprojectsforkids.org](http://www.artprojectsforkids.org)
- [www.joyfullearninginKC.blogspot.com](http://www.joyfullearninginKC.blogspot.com)
- [www.Oprah.com](http://www.Oprah.com) (Lifeclass I AM with Joel Osteen)

### Books:

- The Wrecking Ball by Alanna Jones
- Creative Therapy by Janet Stubbs
- The Mixed up Cameleon by Eric Carle
- Chowder by Pete Brown

