

Distribute the activity sheet and review the instructions. The activity sheet will help students brainstorm their designs. In Part 1, students brainstorm words to describe themselves and their interests. In Part 2, they will sketch their designs. Guide students in creating an art piece that celebrates them and highlights their personality, interests, or anything they feel represents their authentic and real self. For example, students might choose to create an image of themselves as a baseball player, scientist, musician, an artist, etc., depending on their passions and interests. Students can turn and talk to their neighbors to brainstorm ideas.

Have students share their completed artwork and then display the art in the classroom or school as an inspirational **let's get real.** gallery. The completed pieces could also be photographed and then linked to a slide show that plays for a student presentation or an open house.

Activity 2: Get Real Together

Begin the activity with a class discussion about how sometimes it's easier to hang out with people who like the same things we do, but that we can have fun with and learn from others who have different interests as well.

Distribute the activity sheet and review the directions with students. Once they identify two activities that they like, allow students to move around the room and find other students who have like interests and write their names in the similar interest spaces in Part 1. For Part 2, they will find two students with different interests and write their names and interests in the corresponding spaces. In Part 3, students will identify an activity that they could help others learn, and one that they would like to learn more about.

Wrap up the activity by coming back together and having students share what they learned about each other. The interests can be used as a way to group students for cooperative learning and group projects.

Activity 3: Twist and Shout, Show What You're About!

In this movement activity, students will create a fun way for others to remember who they are and what they love. Distribute the activity sheet and review the directions for Part 1 as a class. To get students started, brainstorm positive adjectives and action verbs (ending in -ing) together and write them on the board. (See list to the right for ideas.) Then have students turn and talk to brainstorm additional words before they select their words and create their name phrases. For younger students, you might complete the sheet as a group or help each child. Older students might create a phrase for their first and last initials.

For Part 2, demonstrate the examples on the activity sheets and then provide students time to create their moves. Remind students that their moves must be safe. Offer guidance as needed. Once students are done, invite each student to read their phrase and act out their moves.

As an extension, have students work in groups of four or five and use what they have learned about their classmates to make word search puzzles.

Sample Words

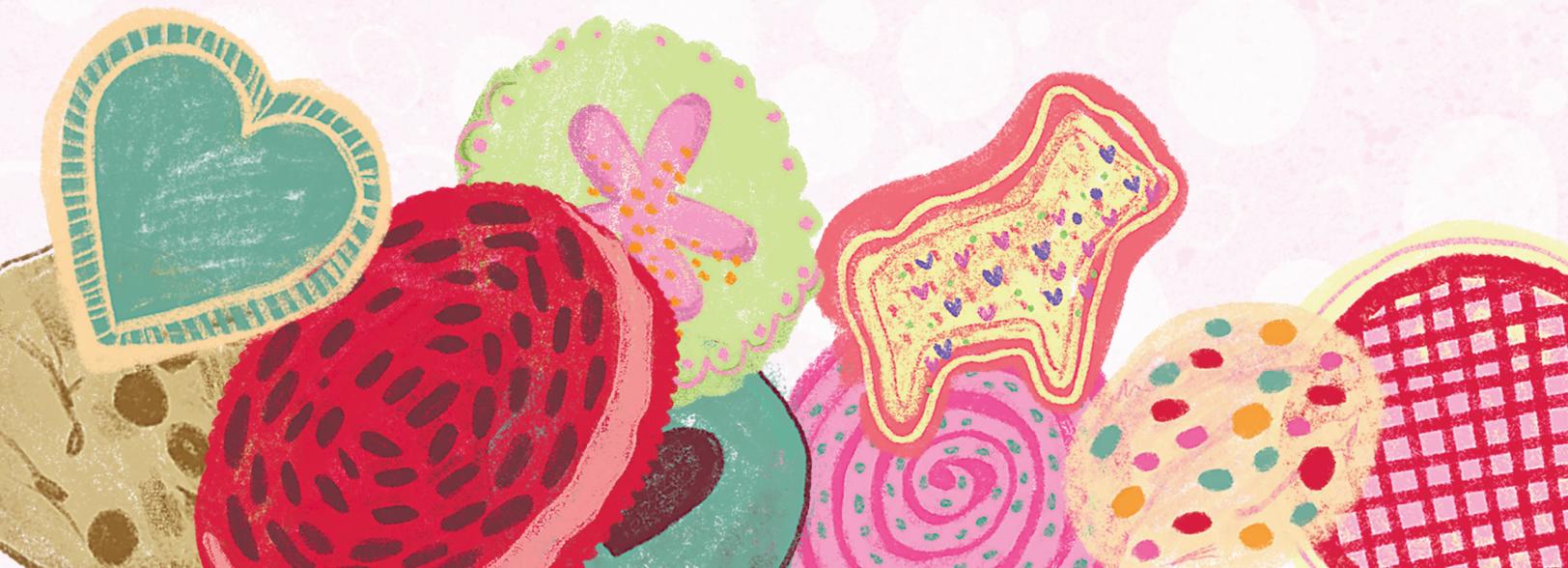
Positive Adjectives		Action Verbs	
adventurous	dapper	running	studying
peppy	bold	laughing	working
expressive	curious	dancing	sharing
outgoing	friendly	listening	biking
hopeful	good-humored	singing	swimming
calm	noble	reading	camping
motivated	inventive	thinking	fishing
optimistic	virtuous	smiling	catching
resourceful	quick-witted	cooking	passing
sincere	loyal	moving	jumping
trustworthy	kind	throwing	kicking
unique	eccentric	acting	giggling
wonderful	extraordinary	encouraging	hiking
youthful		navigating	illustrating
		observing	questioning
		writing	volunteering

There's More Online

Visit ymiclassroom.com/getreal for additional activities and the digital create-your-own-magazine-cover activity!

Resources

gotmilk.com
ymiclassroom.com/getreal



Authentically, Artistically Me!

Show off your authentic self in art! Showing who you are lets the world see the real you.



Part 1

Brainstorm first!

List words that describe you.

List activities that you like to do.

List what is important to you.



Part 2

Use the words above to help you think about creating artwork to represent you. What will you create? Draw a sketch or picture of your design below or on the back of this sheet. Make a list of materials you will need to create your authentic art. Then, use your sketch as a guide to help you design your art.



Get Real Together

Spending time with friends who you have a lot in common with can be fun. But it's also fun to spend time with friends who enjoy different activities. These friends can teach you about what they like. This helps us learn from each other.



Part 1

Write one activity that you like on line 1 below, and another on line 2. Then, walk around your classroom to find friends who like these same activities. When you find someone, write their name in the appropriate space.

Same: We like the same activities.

1. What I like to do: _____ (name of activity)	2. What I like to do: _____ (name of activity)
_____ (name) likes this, too!	_____ (name) likes this, too!



Part 2

Write your same two activities on lines 1 and 2 below. This time, find friends who like something different than you do. When you find someone, write their name and the activity that they like in the appropriate space.

Different: We like different activities.

1. What I like to do: _____ (name of activity)	2. What I like to do: _____ (name of activity)
But _____ (name)	But _____ (name)
likes _____ (name of activity)	likes _____ (name of activity)



Part 3

What activity would you like to teach someone to do? _____

What new activity would you like to learn? _____



get real

got milk?

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Twist and Shout, Show What You're About!

Celebrate the real you with a fun phrase and dance move!



Write your first initial on the line below. Then under your initial, brainstorm positive adjectives and verbs that start with your initial. Think of words that describe you and things you love. Next, choose one positive adjective and one verb. Once you've selected your words, create your name phrase.



Examples: Resourceful, running, Robert. Adventurous, acting, Ava.

My first initial: _____	
Positive adjectives that start with my initial	Action verbs that start with my initial

My phrase: _____ / _____ / _____
(adjective) (verb) (name)



It's time to bust a move! Using the words you chose, create a motion or dance move to go along with your phrase. Write the move below. Then perform it for the class.

For example, "Resourceful, running, Robert" might tap his index finger to the side of his head to indicate thinking for the word *resourceful*, and then run in place for *running*. "Adventurous, acting, Ava" might move her hands to pretend she is looking through binoculars for *adventurous*, and then put the back of her hand to her forehead and move her lips to pretend that she is *acting*.

