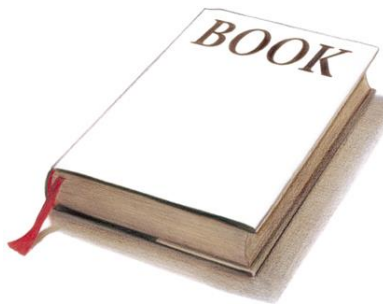


# The Book of Me – Self-Inquiry as an Art Book



<http://www.pxleyes.com/photoshop-pictures/disguise/>

You are making a Book. But not just any kind of book, like the ones you get at libraries or doctor offices. You are making one disguised as an everyday object that sits in your life, perhaps overlooked. The cover of this Book reflects an obstacle you have worked on over the past year. The inner contents of this Book are a reflection of you – your connections to your family, your culture and your community. You will fill this book with tools, pop-ups, moveable parts and lots of information about you. At a glance, this Book, whether a doormat or box of tissues, looks like any other object, but upon closer examination you discover that there's something different about the object. Choose wisely for your cover...



Book – A **book** is a set of written, printed, illustrated, or blank sheets, made of paper, parchment, or other materials, fastened together to hinge at one side, with text and/or images printed in ink.



Art Book – works of art that utilize the form of a book.

You have already done most of the work necessary for the thinking (or non-thinking) informing this project. Think (or don't think!) about:

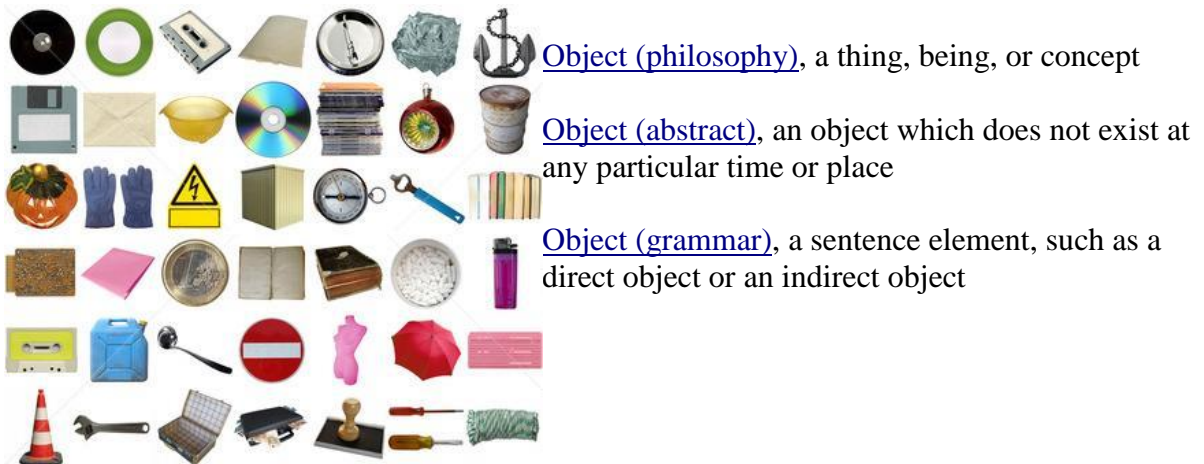
- Morning check-ins
- Blue slips and the data you have collected in your end-of-term review of these slips
- Your comp book and everything you collected or created inside of it
- Reflections
- Real-Life Monsters (have you defeated yours? Does it still attack you? Have you learned more about its weaknesses?)
- Class discussions
- Report cards
- Student-led conferences
- Your portfolios
- Just living your life

These are the raw materials that you should revisit and reflect upon as you engage in this task.

In this project you need to include:

1. A **Container** that holds all the parts of your project.

Your project will be **contained within an object that symbolizes an obstacle** that you have been engaging with over the past year.



**The container can be handmade or something you bring from home.** Remember, you will have to change the container to reflect the feelings associated with your obstacle. For example, if the container represents your anxiety about leaving the house, think about the kind of material(s) that could provoke feelings of stress.

Things to consider:

- Size
- Color(s)
- Texture(s)
- Types of materials
- Decorations/labels/messaging on the outside, or lack thereof

- The inner You vs the outer You – is your struggle something that is obvious for all to see, or is it something that would surprise people to find out about you? How does that affect how you present your “cover”?

## 2. A Tool Kit

In this toolkit, you will create **Self-Awareness Tools** that you use to help you engage with/overcome the struggle represented in your “cover.” You will also create tools that you use to help with other areas of your life, in and out of school. What are the **things** you need to be the best, most focused, most productive, most welcoming and confident version of yourself?

These tools will go inside your container. They should live inside of a toolkit. You can create a literal toolkit or an abstract toolkit. The tools can be objects and/or ways of being.

You will create your tools from your habits and activities that you do to ground yourself (emotionally, physically, and mentally) in response to your struggles, obstacles, and challenges. Think of activities that make you feel good, things that promote focus and engage your own sense of personal responsibility. How will these activities transform into tools? What could be a reminder to you to take care of yourself?

If you are having trouble coming up with your Self-Awareness Tools, check out these questions for inspiration:



1. What are things you need to do to keep on track and on top of your schoolwork?
2. What helps you feel more motivated?
3. What are the ways you make sure that you are present in the classroom and present in your life?
4. What do you do to help yourself when you are feeling a bit discouraged about your work or about yourself?
5. How does your family or the people in your community inform who you are and what you bring to the classroom or to life?

**If you're a bit lost as to how to create these things,** look back at the notes you made when you examined your box/bag of junk. Try to reimagine your garbage as tools. Does your candy wrapper relate to how you energize yourself? Was it a gift from a good friend who helps you feel welcomed? Is it a candy that is special to your family? In what way could your candy wrapper transform into a tool? You can think concretely (the real way in which this object helps you) or abstractly (what does this object symbolize) – or both!

### 3. *A Visual Model of Learning*

Based on the [First Nations, Métis, and Inuit Holistic Models of Learning](#), you will create your own model. This will also go inside your container.

This model can take any form you wish. You can draw/create something very similar to the models we looked at. You can create something in the vein of my Visual Representation of Me as a Teacher. You can create pop-ups and/or other forms of moveable-parts art. You can use the interactives we explored for lapbooks. You can use altered book techniques. You can do Lynda Barry-style collages. You can finger paint. You can make a passport. You can make a literal or symbolic photo album. You can combine all of the above. **You can do anything you like, so long as the ideas are clearly communicated and it is an honest and in-depth exploration of yourself.**

Your guiding questions: How do you identify and how do others identify you? How are these identities the same and how are they different? Who are the people and what are the places and situations – past and present – that affect how you act and re-act?

Things to consider:

- Your name or names
- The Big Ideas of you
- The Important Details of you
- Your patterns
- The rules you live by and the rules you break (your own, your family's, your community's, society's, etc.)
- How you have changed over time
- Connection to your immediate family
- Connection to your extended family
- Connection to your non-human family (if any)
- Connection to your ancestors
- Connection to your culture or cultures
- Connection to your community or communities
- Your language or languages
- Connection to spiritual/religious beliefs
- How you identify socio-economically
- The Sexuality Wheel
- How would you define your “clan”? Do you have one? Do you wish you had one?
- Your informed political beliefs vs your unformed feelings about political issues
- Connection to the physical world
- Connection to places, past and present, near and far
- Connection to the non-human inhabitants of those places
- Your Magic Lantern(s)
- Your favorite books, movies, songs, TV shows, video games (why are they your favorites?)
- Your favorite fictional characters when you were younger, and now
- Your least favorite kind of fictional characters or creatures
- Your favorite and least favorite kinds of fictional environments
- Your role models
- Your learning style (visual, auditory, read/write, kinesthetic)

- Your sharing style (written, drawn, oral, hand-made)
- Influential teachers and least favorite teachers (thinking about “why,” and remembering that school teachers are just one form of teacher)
- What inspires you?
- What depresses you?
- What do you make decisions based on? What are your beliefs? What are your principles? What defines your sense of morals?
- The activities that you take part in outside of school; the activities you wish you took part in outside of school; the activities you wish you didn’t take part in outside of school
- Your hidden identity: what parts of you do you hide? What parts of you do you reveal?
- Objects and items that disturb you (thinking about why)
- Objects and items that do the opposite (and why)
- Things you’ve made that frustrated you, and things you’ve made that have made you happy
- Your strengths and your challenges

### Useful Links for Construction

- Pop-ups (V-folds, Internal Stands): <http://www.technologystudent.com/designpro/popup1.htm>
- Rotary Mechanism, Mouth Mechanism: <http://www.technologystudent.com/designpro/popup1.htm>
- Slide Mechanism: <http://www.technologystudent.com/designpro/popup3.htm>
- Puzzle Purse: <http://www.marthastewart.com/1099224/decorative-past-puzzle-purse-valentine>
- Lap-book Interactives: <http://www.homeschoolshare.com/lapbook-templates.php>
- Pull-tab Mechanisms: <http://www.instructables.com/id/Paper-Mechanics-Part-1-The-Slider/>
- Pull-out Pop-up Tab: <https://littlegreenbox.wordpress.com/2011/03/07/automatic-sliding-tab-tutorial/>
- More Pop-ups: <https://littlegreenbox.wordpress.com/tag/step-by-step/>
- Flexagon: <http://www.murderousmaths.co.uk/games/flex/flexmake.htm>
- Envelope Accordion Book: <http://lifeyourway.net/bookmaking-for-kids-accordion-envelope-books-2/>
- Pocket Book: <http://changing-phase.blogspot.ca/2012/11/whats-that-in-your-pocket.html?m=1>

**Remember to explore the Core Competencies pages on the B.C. Curriculum website, as those core principles – Communication, Creative and Critical Thinking, Personal Identity, and Social Responsibility are what this project is all about.**

**<https://curriculum.gov.bc.ca/competencies>**

## Extension – Strength-based Fusion Tools

This is a **collaboration with another classmate**. It is optional.

These tools **focus on your strengths as a person, learner and community member!** If you could describe yourself positively in three words, what would they be? What are the aspects of your being that help you be your best, most inclusive self?

In the same way the crystal gems of Steven Universe participate in gem fusions<sup>1</sup>, you will be participating in a tool fusion based on one of your strengths combined with a strength of a friend. **Together, your strengths will be complementary and harmonious.** To find out more inspiration about how you can fuse your strengths together into a tool, check out [how gems fuse together in Stevens' Universe.](#)<sup>2</sup> Or maybe looking at a [pokemon fusion generator](#)<sup>3</sup> will ignite ideas for transformational tools you could include. Also/or check out the link to the Sailor Moon transformations in the link in the footnotes below<sup>4</sup>.

You can include the fusion tool in each of your tool kits, or you can have parts of the fusion tool in each kit and through an action (a fusion dance?), the fusion tool is created. Here are some questions to spark thoughts for your Strength-based Fusion Tool:

1. What are your strengths as a learner and how do you learn best?
2. If you could describe yourself positively in three words, what would they be?
3. What makes you a good friend?
4. What are some skills or habits that you have learned over the past year that you feel proud of and will carry with you into the future?
5. *How do you connect with others?*



Illustration 1: <http://www.marineford.com/Thread-Pok%C3%A9mon-Fusion-Create-New-Pok%C3%A9mon>

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<sup>1</sup> [http://steven-universe.wikia.com/wiki/Fusion\\_Gems](http://steven-universe.wikia.com/wiki/Fusion_Gems)

<sup>2</sup> Look at formation and de-fission on the wikia page for SU [http://steven-universe.wikia.com/wiki/Fusion\\_Gems](http://steven-universe.wikia.com/wiki/Fusion_Gems)

<sup>3</sup> <http://pokemon.alexonsager.net/>

<sup>4</sup> <http://sailormoon.wikia.com/wiki/Transformations>

## Things to Help You Think (or Non-think) about Things

1. **Google Image Search** is your friend
2. **Art21:** <https://art21.org/artists/>
3. **Nick Cave** and his Sound Suits are an example of how he takes his experiences and identity as a black man and creates a second skin to deal with his every day.  
<https://www.youtube.com/watch?v=S6cG5wYxRcw&index=7&list=PL9461961E1AD6BD70>  
  
Art Talk: An Interview with Nick Cave at the Institute of Contemporary Art/Boston  
[https://www.youtube.com/watch?v=ndv18L\\_a72A](https://www.youtube.com/watch?v=ndv18L_a72A)
4. **René Magritte's "Ceci n'est pas une pipe"** – Is this a pipe or is it not a pipe? Is it a painting or is it a painting of a pipe that is not a pipe. That IS THE QUESTION!



5. **Titus Kaphar:** <http://lostinasupermarket.com/2010/04/creating-something-to-destroy/>  
  
Catalogue <http://kapharstudio.com/2015works/index.html#binder1/page/26-27>

