

*Drawing Self Portrait (eyes closed) Script:*

Center your pen/pencil on the page.

Imagine that you are looking at your reflection in the mirror.

With your eyes closed, draw this image of yourself with one continuous flowing line.

Take your time and breathe through the lines.

Feel how you are creating the lines.

Focus on your face, particularly on the features of your face that express emotion.

Keep your eyes closed as you continue to draw.

(repeat this outloud 3-4 times as they draw)

Open your eyes.

Look at the portrait and talk about the experience and what you see.