

# National Teen Self-Esteem Month

Using the space below, draw an outline of yourself. Include as much as you want!

A good place to start is to include your shoulders and up, drawing an outline of your head and hair. Don't draw details and don't draw anything inside! After you've made your outline, fill the outline with words to describe yourself, like talented, funny, kind, artistic, and musical for example. Include as many different words as you can! You can make the words different sizes too. The bigger the word, the more important it is to you. Fill out your entire outline with words and you've made yourself a self-portrait that describes you!