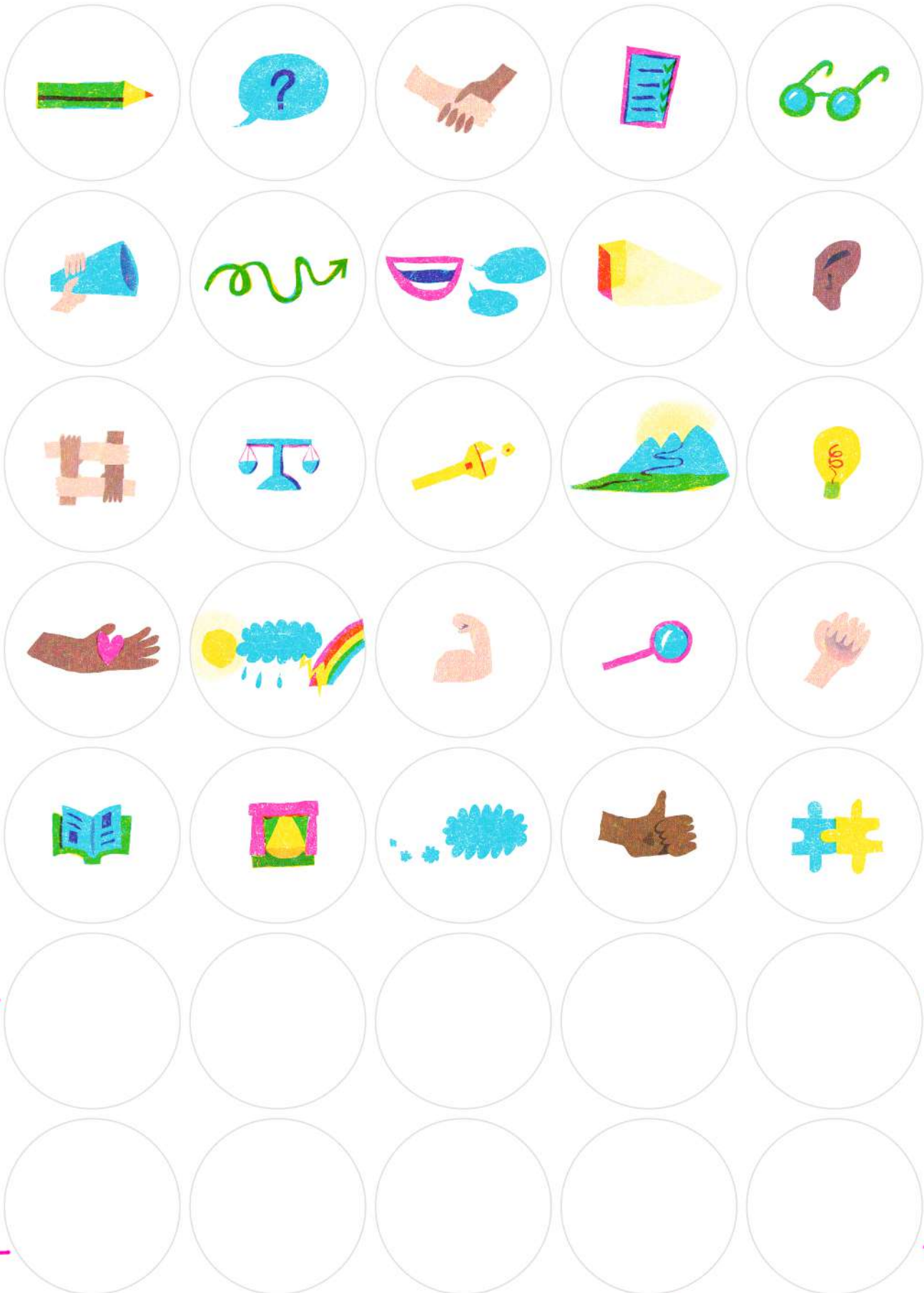


Warm	Inventor	Kind	Leader
Cheerful	Imaginative	Unique	Practical
Curious	Energetic	Open	Independent
Friendly	Confident	Honest	Creative
Calm	Loyal	Strong	Gentle
Patient	Helpful	Adventurous	Fair
Brave	Shy	Team Player	Balanced
Thoughtful	Caring	Connected	Listener
Maker	Learner	Focussed	Performer

↑ Fill with your own words ! ↑



↑ Fill with your own words! ↑



Fruitmarket

Explore it!

KETTLE'S YARD

- 1) Cut out the Pictures and Words.
- 2) Beginning on the Myself side of the art sheet, explore the different sides of yourself and your world using the Pictures and Words, and add your own thoughts through writing and drawing.
- 3) What Words do you have left? Flip the page over, stick them down and think about how you connect to them, using writing, drawing and any remaining Pictures. Would you use any to describe yourself or someone else? How do you feel about these words? And why?
- 4) Fold your work into a zine following the instructions.
- 5) When you're done, take a minute to explore your zine. Flip through the pages, examine the new connections that are made. Open it out, fold it up. What have you created and discovered about yourself and your world? Has anything surprised you?
- 6) This activity works brilliantly on your own or with others. In a group, sheets can be pinned up to create a seamless map of everyone's discoveries. Explore the similarities and differences. Can you find any connections?

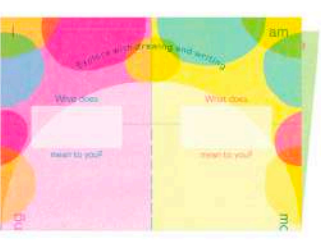
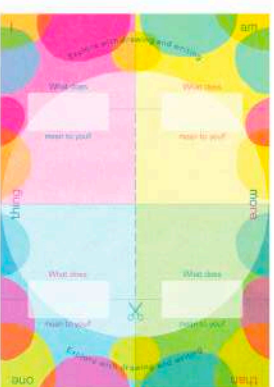
Created by artist **Eden Bø Dower** with **Louise Fraser**,
 inspired by the work of **Howardena Pindell**.
 Produced by Fruitmarket in partnership with
 Edinburgh Children's Hospital Charity.



Kindly supported by Gail and Lindsay Gardiner.

How to make a zine

Explore it!

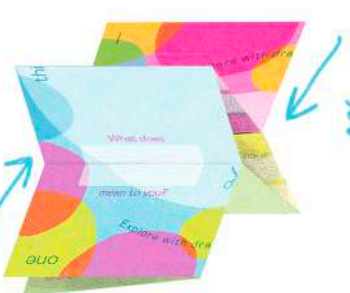


Fold sheet along blue guide lines



Fold into book

Cut down dotted line



Pin together



Done!

I am more than one thing