



UW-MADISON EXTENSION

I'M A THUMB-BODY, YOU'RE A THUMB-BODY



4-H PROJECT AREAS:

Healthy Living

LIFE SKILLS:

Accepting Differences, Communication, Goal Setting

TIME:

20 - 30 minutes

MATERIALS:

- Ink pad
- Hand wipes or paper towel
- Paints or crayons in a variety of flesh tones
- White paper plates
- Various craft supplies – buttons, yarn, sequin, pasta, rice, beans, pipe cleaners, etc.
- Glue or glue sticks
- Magnifying glasses (optional)
- Mirrors (optional)

PREPARE AHEAD OF TIME:

Create a sample Thumb-body. Set up a supply table.

We will create two self-portraits, or pictures of ourselves. One will be how we see ourselves now, and the other how we think we might look later. When we share them, we will learn about ourselves and others.

Did you know?

Diversity simply means differences. Some ways we might be different are in what we like or don't like, the shape of our body, what we want to do when we get older, the color of our skin, hair and eyes, or how we dress. Accepting each other's differences means we see and celebrate what is special about each of us, even if we don't always agree.



Ask

What is one thing you have in common with someone else? (ex: similar interests, where you live)

What is unique or different about you?

What are some other ways people are diverse, or different, from each other?

Investigate

Pass out magnifying glasses to share (optional). Encourage the youth to look closely at their thumbprints, then look at a neighbor's thumb.

Ask, Is your thumbprint the same or different than your neighbor's?

Tell the youth that each of us has different fingerprints from everyone else. Fingerprints are just one way we are each special and unique.

Other ways might be the things we like or don't like, the shape of our body, what we want to be when we get older, the color of our skin, hair and eyes, or how we dress.



Create

Help youth place a thumbprint at the bottom of each of two paper plates. They can draw stick arms on the thumbprints to make the body of their self-portraits.

The youth should label one self portrait plate “Now” and the other plate “Later.” Start by drawing on the NOW plate what they look like now using the colors and other materials provided. Then, invite them to draw on the LATER plate what they think they might look like as an adult.

Encourage the youth to include pictures or features in or around both portraits that represent things they care about, what they enjoy doing, and how they see themselves.

Resources Sources: “All Our Colors,” Annie Lisowski, Buffalo County UW-Extension, 4-H Youth Development Agent; “Mirror Mirror Now and Later” from *A Palette of Fun with Arts & Crafts* by Metzger, et. al.

Adapted by: Monica Lobenstein, University of Wisconsin Division of Extension 4-H Youth Development Educator

Share/Reflect

After youth have created their self-portraits, invite each one to show their pictures of themselves - now and later. Encourage them to share why they added the details they did in each portrait.

Ask, What parts of your portrait show how you are unique or diverse?

Be sure that each youth can identify at least one unique interest or characteristic.

Ask, Why is diversity, or differences in people, important in a community?

Ask, How does it feel to know that no one else is exactly like you?

Relationship to 4-H...

As Wisconsin 4-H Youth Development programs continue to explore the needs of all youth, an important job for everyone is to think about how we create a welcoming environment that is safe for all young people. Regardless of differences, our job as adults and youth in the 4-H Youth Development program is to be sure that everyone is invited and can fully participate in programs. One way to take that a step further is to learn about ourselves and each other.

More to explore...

Create fingerprint cards for the whole family. Are some things about the prints the same? Are others different?

Find out more at:

<http://pbskids.org/zoom/activities/sci/fingerprints.html>

Encourage the youth to set goals and explore the activities or career(s) they included in their portraits. Use the Internet to learn more or visit places where people with similar interests work.