



SELF-EXPLORATION AND BODY IMAGE BRAINSTORM

1. What is your favorite kind of tree? _____

You can explore various images of trees in print or online to explore the various types of trees. Sometimes it can help to search for photos of your favorite outdoor places or locations and see which kinds of trees exist there.

2. What is your favorite part of a tree? Circle examples from the list below or write in your own.

- | | | |
|------------|------------|----------|
| • Roots | • Leaves | • Seeds |
| • Trunk | • Function | • Shape |
| • Branches | • Fruit | • Other? |

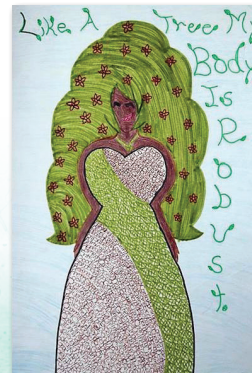
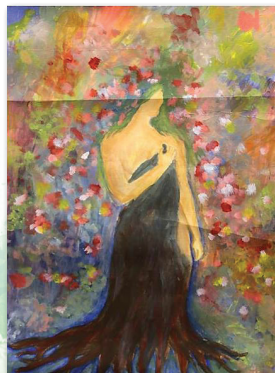


3. Write down three words to describe this part of a tree and/or why you like it:

4. What is your favorite part of your body? Circle examples from the list below or write in your own.

- | | | | |
|--------|-------------|-----------|------------|
| • Head | • Shoulders | • Fingers | • Ankles |
| • Face | • Chest | • Waist | • Feet |
| • Eyes | • Brain | • Hips | • Freckles |
| • Hair | • Arms | • Thighs | • Heart |
| • Nose | • Elbows | • Knees | • Muscles |
| • Lips | • Wrists | • Skin | • Nails |
| • Neck | • Hands | • Calves | • Toes |

5. Write down three words to describe these aspects of your body and/or what they allow you to do:



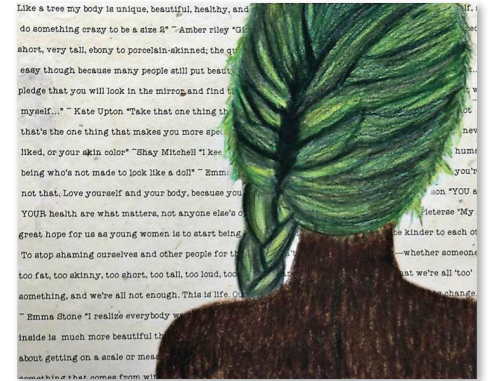


EXTRA TIPS FOR THE POSTER DESIGN PROCESS

There is no right or wrong way to create a *Love Your Tree* poster!

Foreground

- Think of the shapes, colors and textures of the part of the tree which reminds you of your favorite part of your body or an aspect of your personality.
- Let these ideas flow together to create a design or pattern.
- How do different colors evoke different feelings?
- Are your shapes bold, sharp, soft or subtle? Is this in line with your message?
- Choose from available art supplies to best express your tree design. Are there certain patterns that would work best with colored pencils or a collage? Others that may be better suited for paint or pastels?



Background

- Pick a pattern or color for the background of your poster.
- Create a simple message about your body to use in the background of your design. (Like a tree, my body is...)
- Write this message on the poster. Use a pencil first to make sure the message fits.
- Experiment with different fonts and text sizes.
- Is your text large enough and legible enough? If your poster were hanging in an exhibit, would passersby be able to read it?

Reviewing your design

- What do you notice first? The shapes, the colors, the patterns, or the words?
- What message(s) are you promoting or communicating? Is that what you intended?
- If there is text on your poster, have you checked that all the words are spelled correctly?
- Could you change either the foreground or the background to create a stronger design?
- Experiment with these changes and see what works best.

Remember to keep it simple for the best design that conveys your unique body positive message.

Think outside the box.

Use your imagination and have fun!

