



Title: Growing Mindset Self-Portraits

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Recommended Grade Level(s): 5th

Topic(s) (Tags): Growth Mindset, Self-Portraits, Mixed Media, Analogous Colors, Spring, Flowers

Objective:

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Students will explore the concept of growth mindset through art by creating self-portraits with symbolic flower petals. They will learn to mix colors to create skin tones, use analogous colors to create vibrant painted papers, and assemble their self-portraits to represent personal growth and development.

Standard/Concept:

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- Anchor Standard #1: Generate and conceptualize artistic ideas and work.
- Anchor Standard #4: Analyze, interpret, and select artistic work for presentation.
- Anchor Standard #7: Perceive and analyze artistic work.
- Anchor Standard #11: Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding.



Materials:

Materials

- High-quality, 8X10 white paper (Free from Art to Remember)
- Storybook about growth mindset
- Paint
- Color Construction paper
- Scissors
- Glue
- Pencils
- Oil Pastels

Break down of the lesson

Breakdown

Day	Direction
1	Begin the lesson by reading a storybook about growth mindset to the students. Discuss the themes of the book, emphasizing how challenges and mistakes can lead to growth. Transition to the art activity by explaining that students will create their skin tones using a palette of brown, white, black, red, and yellow paints. Demonstrate how to mix these colors to achieve different skin tones. Provide each student with a palette, paints, and a large sheet of white paper to practice mixing and painting their skin tone.
2.	Introduce the concept of analogous colors and how they can create harmonious and visually appealing art. Show examples of analogous color schemes and explain how to use whites to lighten colors. Students will create a variety of painted papers using analogous colors and whites. These painted papers will later be used to create flower petals and leaves. Ensure each student has access to a range of paints, brushes, and paper to explore and experiment with color mixing and painting techniques.



3	Have students retrieve their skin tone backgrounds from Day One. Teach them how to draw a self-portrait starting with a large "U" shape to represent the head. Guide them in adding facial features, encouraging attention to detail and individual characteristics. Once the self-portraits are complete, students will cut them out and glue them onto their color backgrounds. Next, introduce the use of green shades to create lines and leaves extending from the top of their heads. This will serve as the background for their flower petals, symbolizing growth and blossoming minds.
4	Students will now use the painted papers from Day Two to create flower petals. Demonstrate how to cut out petal shapes and arrange them creatively. Once the petals are ready, students will glue them to the top of their self-portraits, creating the illusion of flowers growing from their heads. This symbolizes the idea that their minds are blossoming with new ideas and growth. Allow time for students to share their artwork and discuss the symbolism of their flowers and how it relates to a growth mindset.

Steps for the Lesson

Step:

Steps for the Lesson		
Step	Directions	Image
1	<ul style="list-style-type: none"> • Teacher will read a storybook about growth mindset to the class. • Students will learn to create their skin tones by mixing different shades of brown, white, black, red, and yellow paints. • Teacher will demonstrate how to mix the paints to create different skin tones. • Students will practice mixing and painting a piece of paper with their unique skin tone. 	

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- **Students will** create a wide range of painted paper using analogous colors and white.
- **Teacher will** explain the concept of analogous colors.
- **Students will** paint sheets of paper with colors that blend smoothly into one another to be used for flower petals and leaves



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- **Students will** grab their skin tone backgrounds and create a self-portrait.
- **Teacher will** demonstrate how to start the self-portrait with the letter "U" to represent the head.
- **Students will** draw their facial features on the "U" shape.
- **Students will** cut out their self-portraits and glue them to a colored background.
- **Students will** use various shades of green to create random lines and leaves coming from the top of their heads to symbolize growth.



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- **Students will** grab different colors of painted paper and create their flower petals.
- **Teacher will** show examples of flower petals and how to cut them out.
- **Students will** cut out flower petals from the painted papers.
- **Students will** glue down the petals to the top of their self-portraits to give the illusion of a growing mindset and blossoming ideas.

