




DANCE	MUSIC	VISUAL ARTS	THEATER	MEDIA ARTS



SMELL	TASTE	HEAR	TOUCH	SEE

**ACTIVITY NOTES:**

Put a triangle around the discipline you know the most about.

Put a line underneath the discipline you know the least about.

Put a circle around the discipline you'd most like to know more about.

Put a star next to the discipline in which you are most comfortable expressing yourself.

Put a checkmark next to the discipline in which you are least comfortable expressing yourself.

Brainstorm a list of adjectives about yourself at the bottom of the page. These can be physical, psychological, cultural, social. How you see yourself or how others see you.

Assign an adjective to each discipline, thinking about how you'd express that trait through that discipline.

If you were asked to create a self-portrait in each discipline that highlighted that particular adjective, what would it look/sound/smell/taste/feel like?
Take some notes about how you'd express yourself in each discipline.

Create a poster of your notes for us to look at.