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## **Sustainable Play: Make a Book About Me** with Suzy Ultman

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### **Chapter 1 - Sustainable Play: Make a Book About Me**

#### Overview

- The Book About Me is near and dear to my heart. I created this project to connect with kids and have kids connect with themselves. I'm Suzy Ultman. I'm an illustrator, storyteller, and toy maker. Take time to daydream about the things that are special and unique to you and draw in your book about me. We'll create a book cover in the shape of your face. We'll draw in details that represent you, and on the inside I'll take you through personalized activities to explore yourself. The prompts will include an introductory page, a stats page where you get to draw a plant or flower, a page about your heart and a family portrait page. But in this book, you're drawing them as an ice cream cone. Join me on an adventure exploring your heart, your world, and your imagination.

#### Materials

- To make a book about me, you really just need paper, pencil, and some scissors. But I'm gonna show you some other options as well. I've got my construction paper that I'll use for the cover. If you don't have colored construction paper at home, try and find something that's a little heavier than regular printer paper so that you have a sturdy cover. And then I've got printer paper for the inside pages, my pencil and eraser. I've got several different black pens here. I like to have an assortment for different types of detail work. I've got a dual brush pen here. I've got a thicker black pen and a really thin pointy black pen. Here are my PDF instructions for additional pages that you might wanna work on in your book about me. And next I have all the fun coloring tools. I have an assortment of pens. I've got really thick Posca pens. I've got dual brush pens. They've got a fine side and a brush side. I've got paint pens. You might have crayons at home. I've got coloring pencils. Whatever you like to work with, pull those out and use it. My stapler for stapling the book. And finally my scissors for cutting.

#### Create cover and cut interior pages

- For the cover of your book, you'll start by picking out a piece of construction paper or heavy duty card stock and folding it in half. Then you wanna trace the silhouette of your face, which is just another word for the side of your face or profile. Let's get started. So I picked pink paper because I do love pink. It's one of my favorite colors, and I'm just folding this in half. And then I've looked at my face a lot in the mirror. So I'm just gonna use my imagination of what my face looks like and what my profile looks like. And I'm going to draw it on here. I'm gonna use up as much of the paper as I can. Got some pretty big bangs going on, and then my nose, and then my chin and neck coming down like this. Okay, the next step is to cut out where you drew, and this will be your cover. We're gonna be decorating this, and I want - so I just kind of wanna erase these lines so it's as neat as possible. But before we draw, we're going to make our inside pages. So I'm gonna grab this little small handful of pages, even 'em out, and then fold those in half. And now taking the cover, we're gonna use this as our template to trace around the inside pages. Perfect. And you can cut these out if it feels like it's hard to cut. If it's doing that, then you can just take a couple sheets out. 'cause you can always cut more later. I am gonna straighten that out a bit. I am gonna make a few more using the same technique. You can always add more pages to your book. I am gonna start with this amount. I've got, let's see, 1, 2, 3, 4, 5, 6, 7, 8. Awesome. Okay, let's stick them in there. Perfect. Now

for the fun part, I'm gonna decorate the cover. So I'm gonna start with a pencil. And we all have certain features on our face that make you, maybe make us, us, like our hair color, our eye color, our mouths. I've got glasses. So I'm gonna start with my hair. And then I think I'm gonna go to my glasses. Gonna add a little collar here, - My mouth, - My eye. And now for my glasses, you can start with pencil or you can just start drawing with marker. Give myself a little bit more of a smile, a little cheek. And then I'm gonna write my book about me down here. The dress I'm wearing has all sorts of flowers on it, so I'm gonna draw some flowers down here and give myself a little ruffly collar too. Then you get to color the whole thing in. I have very dark hair. I'm gonna start with this nice dark pen. I'm actually gonna take it my pages out so I can lay my cover down and not worry about getting my inside pages messy. Oops. Got some on the table. Oopsy daisy. Got a scrap piece of paper and protect our table. There I am outlining the hair. And then I'm gonna add a pattern inside to give it some texture. Got a thinner pen on the other side. And I'm just gonna add these lines going down. If you have curly hair, you could doodle inside. I've pretty straight hair, so I'm drawing straight lines. This is your book, so you get to make it look like you. You also can use your imagination. And then other fun things to it, like I think I'm gonna make my glasses a fun color because I would like to, I'm gonna make them red. I always thought it would be fun to have red glasses. So there we go. Now I can have them on the cover of my book. And I'm gonna fill in the title of my book as well. And I like to use different kind of coloring tools. I like to use pencils and pens and mix 'em all up together. I, I see what this works. Sometimes pink works on pink. Nope, that doesn't. I use this. What color should I use next? We'll go back to our gray work on our flowers a little bit. And my eyes are kind of brownish green. So I'm gonna add some brown in here. I think I do wanna go over some parts with black, because I feel like you're not seeing them too well. The word "about" is pretty important. These little leaves that I drew are as well, I think we're getting close now. I'm adding some dots inside. My dress makes the dress part look separate from my face. So you can see that this bottom area looks different than the top area. Gonna add a little asterisk inside my cheek. Do that with a pencil because it's, it's not dry yet, so a pencil will work better. And there is my cover. I can't wait to see your covers.

#### Introduction pages

- We'll start the book with an intro page. We have your cover and interior pages, and we're gonna put them together like a little sandwich, and to create the interior page, we'll write our name and today's date, I'm gonna stack my letters. I have a pretty easy name to write. Yours might be a little bit longer or more complicated. I'm gonna put "Susie's Book" so everybody knows that this is mine. And then today's date, I'm actually gonna put - Made. - All right, I'm gonna color this in like we did the front cover. I love color pencils. I tend to use them more than markers, but if you like markers or crayons, please use those. Now I am creating a little oval around the word book just to highlight it, and I feel like it's missing a little something on here. So I'm gonna make one more oval down here. It says made on. Maybe add some dots around it, like a sign. All right, I've got the intro page of my book.

#### Page of stats

- Next, we're gonna do your personal stats page, your birthday, your favorite foods, but also how you're growing. So first we wanna turn our page and as a metaphor for growth, we're gonna draw a flower or tree or plant. I'm gonna draw a flower. I'm gonna start with the top. The most important thing on here is you wanna have a bunch of leaves. 'cause on the leaves, that's where we're gonna

draw all of our stats. Here's the bloom of my flower. Okay? Now I'm gonna draw the stem and I'll draw my leaves. You don't wanna color in your leaves because you're going to be writing information inside of your leaves. We need some different colors here for my leaves. How many leaves? Hmm? Just enough to fill the page. I like to play around with color, so I'm adding some different colors in there. If you are more shy about color, you can use one color. Color in my stem. I'm gonna add a pattern inside my, my tulip here. Then I'm going to take my black pen and write "stats page" up here. Okay, I didn't like the way that pink looks. I'm filling it in to be a little bit brighter. Okay, now we're gonna start talking about stats. The first one I think of is my birthday. For me, that is April 28th. Put that on there. And the next one is height. I am five feet and one inch inch tall. Then there are other some more unique things about me, like how many jumping jacks can I do? I have to think about that one. I would say I can probably do about 20. I'm gonna put 20 jumping jacks. I wonder how many you can do. I spelled that wrong, so I just fixed it. Corrected my S right there. What other things are unique about me? Maybe my favorite class in school. I haven't been to school for a while, but when I was in school, aside from art class, I really loved my English class. So I'm gonna put English class and my first pet was a cat named Oatmeal. He was a huge furry cat. I do have some favorite foods. One of my very favorite foods is chocolate cake, so I'm gonna put that on here. I'm gonna put, I Love Chocolate cake. There are a lot of things I'd like to learn to do. I would like to learn how to salsa dance, so I'm gonna put that on here. I want to learn to salsa dance. I went a little out of the leaf shape, and that's okay because I'm writing a bigger sentence there. For some of you out there, maybe you've lost teeth and you're excited about the tooth fairy coming, and you could put something like that down there. I am fully grown, so I've gone through all of my losing teeth and getting teeth, but that's another thing that you can add to your stats chart. There are more prompts in the PDF to fill in your leaves. Have fun finishing out the page.

### Self-portrait page

- We're gonna draw a self-portrait. Flip your page. I think usually we think of a self-portrait as drawing our face, but we are gonna draw what's on our inside. Draw a big heart and this is your heart. And I want you to take a minute and think about what makes you you. Are you silly? Are you energetic, quiet, thoughtful? Are you somebody that likes to do things on your own or in groups? All of those things. And then we're gonna start working on the self portrait. That is our heart. So for me, I can be kind of a goofball. So I'm gonna give my heart kind of a goofy face. I like to make these kind of goofy eyes and it is a heart. So I'm gonna make my heart red. I've got this one part of me that is a goofball with my black pen - This is the goofball part of me. We're gonna label our heart and the different parts of our heart. I also have part of me that can be pretty serious. I like to have deep conversations. I can be chatty. I am creative. I wouldn't say I'm energetic. I'm kind of like a turtle. I'm pretty slow. So I'm gonna say slow. I'm slow. But I'm also focused. So we'll say "focused". I am usually pretty happy and I am loving. I am curious. I think that's pretty good. If this is my goofball hand, I think I'll make a creative hand over here. Let me make this part of my heart up here, especially because we're creating together right now. Whoop, put like a pencil in your hand. Running out of space over here. My goodness. Running out of space! So that hand has like a little pencil in it. All right. I think my heart needs some legs. I think I'll give my heart some goofy legs. Well, I said it was also serious, so might need a serious leg too, but we'll do the serious leg over here. That was a very serious leg if I ever saw one. So there's my heart. And then you can color the different parts of the heart. I feel like blue is a slow color. Color and blue. It's so many colors. Hmm. You can make stripes. It's your heart and it's your portrait. So you can just have a lot of fun with it

and make it feel like you're feeling today. There's "curious" like a little bubble "chatty" with some lines around it. Hmm. "Loving" does seem like it should be in pink, but we've already used pink, so put "loving" in yellow. I should probably put "organized" on here too. 'cause you can see I'm doing things in a very organized way. I tend to be very organized. I'm gonna, I'm gonna put that one in "Organized" and then just continue coloring 'till you have your whole heart filled up. Let's see. Goofball, I added arms and legs to my heart, but you can add flowers, unicorns, rainbows, any objects that are special and meaningful to you.

### Make a family portrait

- Next we're gonna draw a family portrait. All families are different. Some families have a mom and dad. Some have two moms or two dads. Some kids even live with a grandparent. So let's get started. We're gonna draw your family as an ice cream cone. My family's a blended family. My husband and I met when we each had kids. So I'm gonna draw a two scoop cone. The first step is to draw your cone and then start drawing your scoops of ice cream. So that will be Brian and that will be me. And then I'll start drawing our kids on top of us. So I'm gonna start with our oldest and then work my way up. And I actually ran out of space, so I'm gonna have to draw some ice cream on the side. Between the two of us, we have four kids. You can also include pets on your ice cream cone. I'm gonna put a little cherry on top here. All right, so now I get to start drawing in the faces. I'm gonna use a pen for this. So this is me. I'm also gonna be thinking about what flavor I want everybody to be. So I put my husband and myself at the bottom as the parents. 'cause I kind of feel like we hold everybody up, but you can stack your ice cream cone any way you'd like. All right, so next I'm gonna put our daughter. She is the oldest, our next son here, lots of boys, and then another kiddo here. I'm adding the details now of my ice cream cone. When I was little, we used to go to this local ice cream shop for ice cream. And on really special occasions we would get a double cone and that's what this cone was inspired by. Okay, now for the fun part, the ice cream flavors. My favorite ice cream flavor is mint chocolate chip. So I'm gonna make myself mint chocolate chip here. The color pencil is really nice because I can do the lighter shade of green and then make darker cheeks with it. Now I'm gonna add my chocolate chips for the mint chocolate chip, making sure that I don't take away from my face there. Okay, so I am complete. I know that my husband likes strawberry, so we will make him strawberry ice cream. While you're creating this family portrait, you might need to ask your family members what their favorite ice cream flavor is and put some strawberries in his ice cream. Now for the kiddos. So I know that Isabelle, my daughter, likes vanilla ice cream and we are gonna give her some sprinkles am just outlining it with a color to make sure that it pops out a little bit, giving her sprinkles all over her ice cream. Now for my one son over here, this is our chocolate person. I'm gonna leave a little opening around his face. Now this guy's slightly different. This is my brownie person. How can we do brownie slightly differently than chocolate? But think about that. I think I'm, I'm just gonna do something very abstract here. He loves brownie ice cream. We'll make some chunky brownies. I'm filling in the cherry on top. And now my youngest likes cookies and cream. So I'm gonna use my black marker and I'm just gonna make some little dashes like that. And then down here I'm gonna write Susie's family. The family portrait is finished. Now you can move on to the other activities on the PDF. Once you feel like you've completed your book, you can staple it shut. Let me show you how close your book and re-crease it. You might have lost your crease while you were making things, so just take your, the edge of your nail and re-crease it closed. And take your stapler about an eighth of the an inch in. Do one staple at one end, one staple in the the middle, and a staple at the bottom. And your book is complete. I have a few other examples to

share with you. I made some other covers with different skin tones and decorations. This little girl is close to her, but I used flowers in her hair. Just for fun. I made a little boy. And then I also created this lovely little girl and my friend Greta, who's about five, made this lovely cover. My Book About Me is a great way to illustrate who you are inside and out.