IDENTITY MAP BRAINSTORM

Art is an excellent vehicle to develop and discover your own identity and can be a way for communicating and sharing these ideas – whether they relate to personal identity or a cultural or community identity.

Building on the idea of how Frida Kahlo revealed aspects of her identity and challenges through

her artwork, take time to reflect on your own identity and what you choose to reveal to the world versus what you prefer to keep to yourself in order to create a representation of your internal and external self.

Record your answers to the questions below and add any symbols of visual representations that come to mind in the spaces provided.

WORK SHEET

EXTERNAL SELF:

What parts of you do you think are most visible?

Using 5 words, describe yourself.

What do you want others to think of you?

INTERNAL SELF:

What are five non-negotiable values in your life?

What is an experience that changed or transformed your

worldview?

What are dreams or passions you have not shared with others? When do you feel most authentic to yourself?

What is something that you have had to overcome?

Someone else might not know this but you _____.

What would you do if you were guaranteed success?

When and how did you become aware of your racial and cultural identit(ies)? What do you feel most proud of in your life?

Describe a moment when your racial or cultural identit(ies) were important to, or took on particular meaning for, yourself or others.