

MILK Bottle Person Planning Sheet

How to Create an Identity Portrait

Ingredients

- Empty plastic bottle any shape or size
- Newspaper ripped into approx. 5cm x 3cm strips
- PVA glue watered down a bit to cream-like consistency
- Acrylic paint
- Brushes
- Your own personal story!

Smother the newspaper strips with the PVA mix and use to cover your bottle completely. Use 1-2 layers and let it dry. Undercoat with white acrylic paint or gesso.

You are now ready to get creative – we are using paint, but you can experiment with other collage materials – fabric, photos etc.

This is your identity!

An "Identity Portrait" helps us to 'talk' about our inner selves. We can show people who we are by using symbols rather than just show how we physically look. Since the dawn of creation humans have used symbols to help communicate who they are and the values and beliefs that are important to them.

Brainstorm ideas – imagine you are an outsider looking at yourself.

Think of some words about yourself, things that you like, colours that inspire you, your age, traits like your important morning coffee, favourite foods, flowers, activities, things that say where you come from, colours of flags or costume.

Start with a circle with your name in it. From there, draw a line with a new circle, or bubble, attached. Fill that bubble in with one thing about yourself - start with the obvious but don't forget dreams and aspirations, your initials maybe or a landmark that has meaning. e.g., gardeners might write 'gardening' or 'my rose bushes', you might love the night sky so 'stars' could be a word you would use. You might be really sad – 'tears', or in love – 'hearts'.

Add as many bubbles with words about 'you' that you can.

Now, on another sheet of paper. Take all these ideas and quickly draw any you can using symbols. For example, if you wrote down that you are 30 years old, draw the number "30," or 30 birthday candles. If you love summer - a yellow sun. Fill your paper.

Now you have loads of symbols to choose from plan your portrait – maybe on paper first, or just start straight onto the bottle.

Decide on the colours you are going to use – your colour palette.

Pastel, bright, or tonal colours all say something about you.

Colour also has symbolic meanings – look at the words and symbols you have collected - ocean blue, golden sand, bush green, coffee, sadness, happiness, love.

If you love the green bush maybe your hair would be green or blue for the ocean or full of colourful flowers. You might have a yellow dress for summer or something depicting your national dress. You might paint your face a bright red heart shape for love...just play.

Relax have fun and we know you will find stories to tell.

When someone sees your piece of art alongside many others, they will see your individuality from a new perspective.

To Finish

When you are ready, take all of those words/symbols that you put on the paper and create a story describing your work/ yourself in a paragraph. Write it like you are introducing yourself to a new friend. It could start off with something like this: "Hi, my name is Mary you don't know me but... I am 5 feet tall. I love to drink coffee and listen to music. Summer is my favourite time of the year. I came here from ..." (Use all of your words!)

We are collecting these stories on the entry form to publish alongside the exhibition – feel free to be as creative as you like in telling us about your very unique message of identity, life and kinship.