

Episode: “Pep Talk Portrait”

Albie gets nervous when she meets a new friend and feels a bit shy. Albie visits muralist Kah Yangni who shares that they used to feel shy, too, and making pep talk portraits helped them feel brave. Albie is inspired to make her own pep talk portrait showing all the things she loves about herself.

Activity

Materials:

- Dress-up clothes, costumes or your favorite outfit
- Props, objects and things that tell us something about you (a special toy, your favorite snack, flowers, your pet...)
- A special place to be the background of your portrait (a room in your home, your backyard, in front of your artwork...)
- A chair
- Drawing supplies
- Mirror
- A camera



Steps:

1. Watch the episode “Pep Talk Portrait,” and see Albie make a picture of herself. This is called a self-portrait. Albie talks about the things she likes about herself as she creates her self-portrait. What are some of the things that you like about yourself?
2. Help your child set up a scene to capture their own portrait. Encourage them to pick an outfit to wear that expresses something about themselves. It might be a costume, dress-up clothes, a sports uniform, favorite PJs or just comfy clothes.
3. Next gather some props or objects with your child for them to hold or surround themselves with in their portrait. Think of these objects as clues about what’s important to them. They can hold a favorite stuffed animal, set their foot on a soccer ball, put their favorite food on a table beside them...what things do they love?
4. Find a special place or setting to be the background of the portrait. Maybe it’s

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- your child's room, in front of their artwork or somewhere outside.
5. Set a chair in front of the background, and invite your child to arrange the props they've gathered.
 6. Help your child position themselves in the scene. How will they pose, or hold their body? What expression will their face make?
 7. Have a mini photoshoot, and capture your child's portrait with a camera. Let them take a selfie to make a self-portrait.
 8. Next, set up a mirror in the scene and get out some drawing supplies. Invite your child to look in the mirror and draw what they see. Grown-ups can also try drawing a picture of their child.
 9. Now switch! It's the kid's turn to play art director and the grown-up's turn to do the posing and dressing up. How do your portraits look different from one another? What do they tell the viewer (or the person looking at the portraits) about each of you?

Tips

- If it feels intimidating for your child to be the model or the subject of the portrait, consider having the grown-up go first. You can also set up a portrait of a toy or of your pet.
- Remind your child that our differences are what make us special and unique. No two people are alike, so everyone's portrait will look different!

In this activity, your child:

- Picked out a costume, props and a location that they felt best represented them
- Created their own portraits
- Learned about self-expression

Talk to your child! Conversation Starters:

- Albie feels really nervous and shy when she first meets Sable. Why do you think that is? Have you ever felt nervous or shy when meeting a new friend?
- Kah shows Albie how they speak kindly to themselves when drawing a self-portrait. Let's think of some kind words you can say to yourself as you create your own portrait.
- Tell me about the choices you made in setting up your portrait. How did you decide to pose that way or to select those objects?

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Keep Going!

Face Trace

Invite your child to trace the features of their face on a mirror or reflective surface using tempura sticks, a bar of soap or even lipstick. Use the opportunity to build their confidence about their features and point out what makes them special.

Puppet Portrait

Cut your portrait or picture out, and tape it to a popsicle stick or pencil to make it into a puppet. Do the same with other members of your family and bring their portraits to life in a puppet show.

Vocabulary

Portrait: A picture of a person or an animal

Self-portrait: A picture that an artist makes of themselves

Pose: The way a person sits or stands

Expression: Showing on the outside how you feel on the inside

Confident: Feeling good about yourself





Related Resources

More At-Home Activities

Visit PBS LearningMedia for more activities like this inspired by *Albie's Elevator*.

Children's Books with Related Themes

Check out these children's books online or at your local library to continue exploring the concepts in this episode.

We're All Works of Art by Mark Sperring

Celebrate physical differences through the lens of art history in this playful rhyming book.

Bodies are Cool by Tyler Feder

An inclusive journey through the vast differences in bodies and physical appearance, helping us appreciate just how cool bodies are.

Julian Is A Mermaid by Jessica Love

Julian sees mermaids with his grandma and wants to be one in this story about self expression, identity and love.