

How to...

Draw yourself as a plant

How well do you think you know yourself? For Children's Mental Health Week (3–9 February) the charity Place2Be has teamed up with CBBC's *Art Ninja* to explore its theme for this year, which is "Know Yourself, Grow Yourself".

You might not realise it, but when you create a piece of art you're helping yourself to feel good because you're expressing yourself. Plus, this activity has been specially created to help you get to know what makes you, you. This can help you feel more confident too (see page 19 to find out why). With this project, you think about the events, things and people that have shaped you and what kind of a person you want to grow into. You then imagine yourself as a growing plant and draw your plant from the base of its roots to the tip of its shoots.

You'll need paper or card and something to draw with, such as paint, crayons, pens or pencils. You could also create a collage from recycled materials like old magazines or scraps of fabric. For a collage you'll need scissors and glue or sticky tape.

HIDDEN SUPPORT

Tree roots can spread out up to three times the height of the tree above them.



Art Ninja presenter
Ricky Martin

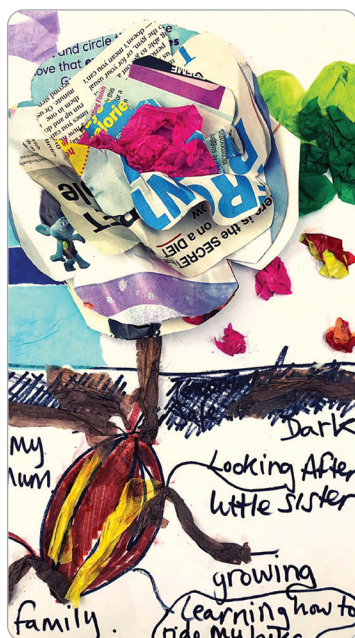
Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

Know yourself

Begin at the bottom half of your paper, with the roots. What do they look like and where are they growing? Perhaps they are in a forest, flowerpot or a pond. Plants can grow in unexpected places, like a crack in the pavement. Think of these roots as important parts of who you are, as well as the things that shape you and matter most to you.

Now use your art materials to create a picture of your roots. You can add in some words too. What describes the things that shape you as a person? It could be your family, friends, a pet, hobbies or the things and places that make you feel happy. You can also draw the area surrounding the roots. What is helping them to grow, are there any animals or insects there?



Grow yourself

Time to imagine the plant that would be growing above the ground. What would you look like if you were a plant? Consider what makes you similar and different from others. Perhaps you are your favourite flower, cactus or tree; perhaps your plant is totally imaginary; perhaps it has things growing on it like flowers, fruit or sweets.

Now create your plant growing from the roots. It should represent the person you are now as well as who you would like to become. Plants have to put up with different types of weather, pests and other interferences. What features does your plant have to help it grow even in difficult times? Is there anything else that keeps it nourished? Now, your self-portrait is complete.



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