LENS Project
Superman vs. Kryptonite

Ages
All Ages!

LENS Skill
Sense of Self

Why?
Thinking about what makes me feel strong and weak, regardless of my skills, can help me better understand myself and lead a stronger life.

Materials
Cardstock or paper (large size if possible)
Markers, crayons, or colored pencils
Pencils

Summary
In this visual art activity, participants will explore their Sense of Self by brainstorming and then drawing images and pictures highlighting what makes them feel strong and what makes them feel weak.

Directions
1.) Establish Understanding
Discuss how to define strengths and weaknesses for this activity. Go beyond what we like or what we are good or bad at, and instead focus on what makes us feel strong or what makes us feel weak.
- Remember there are things we all have to do, no matter how they make us feel, e.g. eating vegetables, going to school, etc.

EXAMPLE: Strength – I feel strong and good when I collect rocks. I love the way the sun feels as it warms me. I love the challenge of climbing different kinds and sizes of rocks.

Weakness – I don’t like swimming even though I’m really good at it. I don’t like being wet. I don’t like the smell of the pool or swimming laps.

2.) Brainstorm
Make sure everyone has their own piece of cardstock or paper and a pencil. Fold your cardstock in half, like a card (or like a hamburger). On the front of the card brainstorm a list of your strengths. Next, brainstorm and list your weaknesses on the back of your card. Make sure you don’t write your lists on the inside of the card.
- If you are using paper, be sure not to press too hard when you write your lists.

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3.) Illustration
Once you’ve had enough time to brainstorm open your card. Using coloring utensils draw images and pictures on the left inside of your card that reflect the strengths you brainstormed. Then on the right side of the card, draw images or pictures that reflect the weaknesses you brainstormed.
- Your strengths drawings should end up on the inside of your strengths list, and then the same for your weaknesses.
- If you’re using paper, keep in mind that markers will likely bleed through to the outside.

<table>
<thead>
<tr>
<th>Strengths drawings</th>
<th>Weakness drawings</th>
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4.) Sharing
When everyone is finished, take some time to share your Superman vs. Kryptonite drawings. Encourage each participant to share 3-4 of their strengths and 3-4 of their weaknesses. Take time to celebrate each participant when they share (e.g. clapping, finger snapping, giving a thumbs up, etc.). Also think about where you can display your creation (e.g. on the fridge, in your bedroom, take a picture etc.).

5.) Reflect
Discuss and/or write your thoughts about the following reflection questions.
- What aspects of this project were easy and/or challenging for you? Why?
- Did you have any “ah-ha” moments? What were they?
- How can this self-awareness help you in your day-to-day life?
- How did it feel to share your strengths and weaknesses with others?

Other ways to Play:
1. Consider sharing your creation virtually with friends or family members.
2. Consider adding collage into this activity using additional materials such as glue, scissors, pictures cut from magazines, stickers, etc.
3. Consider creating your piece in a digital medium such as Publisher, Canva, etc.