

I Love Myself

Inspired by *A Book of Hours*

Inspiration:

What do you think of when you hear your favorite rhyme? Does it make you feel good inside? In Spellbound Theater's Pop-up Show, *A Book of Hours*, the family ends a fun-filled day by being tucked into bed with a nursery rhyme and stars glowing bright. Today, we will use the magic of Nikki Giovanni's words to spark a glow in our imaginations.



How To:

1. Set up a screen free space where listening is ok.
2. Gather something to draw on and something to draw with (see suggestions below.)
3. Listen to the album titled **The Reason I Like Chocolate** by Nikki Giovanni.
4. While listening, draw, color, scribble, finger paint, fold the paper or write words inspired by the poetry.

Connect:

0-2 Years:

Let your child draw or finger paint on a piece of paper. Then call attention to specific areas in the artwork that you love or want to highlight. Frame that area by tracing your child's or your own hand on top of the area of brilliance. Feel free to add words of encouragement, empowerment, and self-love or add a title to the artwork.

2-5 Years:

Use a flashlight to project the child's hand and/or body onto a larger drawing surface. Trace. Fill the shape with images, words of encouragement, empowerment and/or self-love.



What did you come up with?
Share your pictures and adventures with us!



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