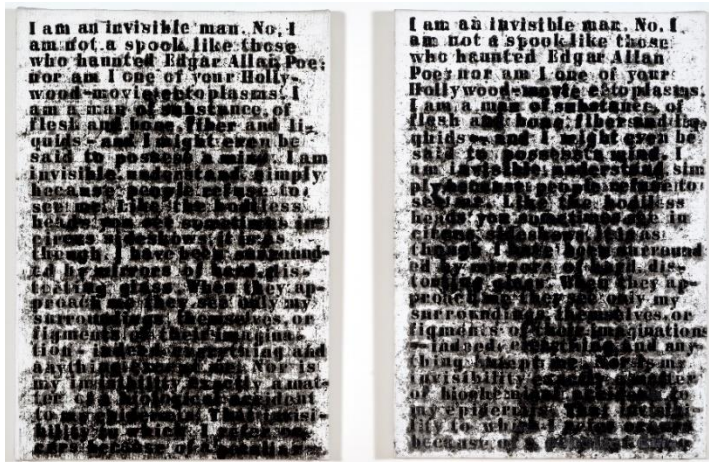


Inspired by the book *I am Enough* by Grace Byers and this painting from the collection, we will be making a drawing based on positive affirmations.



Glenn Ligon, *Invisible Man (Two Views)*, 1991. Oil and gesso on canvas, 28 in. x 20 in. (each canvas)
The Henry Melville Fuller Acquisition Fund

Glenn Ligon incorporated text into his painting, tracing over each word multiple times so it is textural and significant. He thought a lot about the meaning of words in terms of race and identity and the impact these words can have on a person. For more information about this artwork click [here](#).

Choose your positive statements carefully so that they have meaning to you. Think about the words as you write them so that you can give them weight and importance in your life. Especially in hard times, it can be difficult to appreciate yourself. Use this activity to focus on positivity and loving yourself.

Activity: Positive Affirmation Flower

Materials:

- Paper
- Markers or coloring tool of choice
- Scissors
- Pencil
- Ruler
- Some positive affirmations

Directions:

- Begin by creating a hexagon on the middle of your paper (a six-sided shape). Feel free to use a stencil or template if you have one. It doesn't need to be perfect.
- Draw petals that connect to each side of the hexagon.
- Make sure to make the petals about the size of the shape in the middle, so that they can fold over.
- Cut out your flower.
- Use your coloring materials to write "I am enough" in the middle of your flower and then write your affirmations on each petal. (You can use the affirmations used in the video, or feel free to research and use your own).
- Flip your flower over and feel free to add pattern that would make you happy.
- Lastly, carefully fold your petals in towards the center. Then when you are having a tough day you can pull out your beautiful piece of art to remind you to be positive to yourself!

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