



WEEK 1

Discover Your Strengths

What makes you uniquely awesome? How can you use your strengths to support your community?

Identity Flipbook

Your Quest:

Get ready to embark on a journey of self-discovery. Start to think more about who you are: your strengths, likes, interests, and goals. By making your own, unique folded flipbook, you will have the opportunity to represent yourself in a fun and creative way.

By embarking on this quest, you will gain the following skills:

- Self-awareness vocabulary, the words that best describe who you are
- The ability to reflect on who you are and what you might like to be better at
- Be able to identify and describe the steps needed to achieve goals for yourself
- A sense of how to use your strengths to help others

Mission Materials:

Required

- 2-3 sheets of blank paper (can be any color)
- Pencil / pen / colored pencils / markers

Optional

- Old magazines
- Scissors
- Glue or tape
- Glitter
- Stickers
- Any craft supplies
- Any one of the following: String/yarn, tape, or stapler
- "Who Am I?" Word List (pg. 5)

Mission Directions:

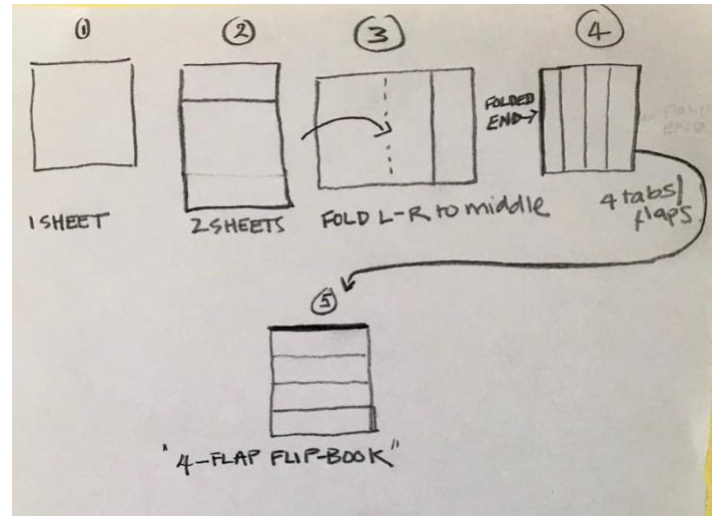
1. Gather your supplies and remember, this is a minds-on, hands-on activity so you may want to have some scrap paper to brainstorm on.



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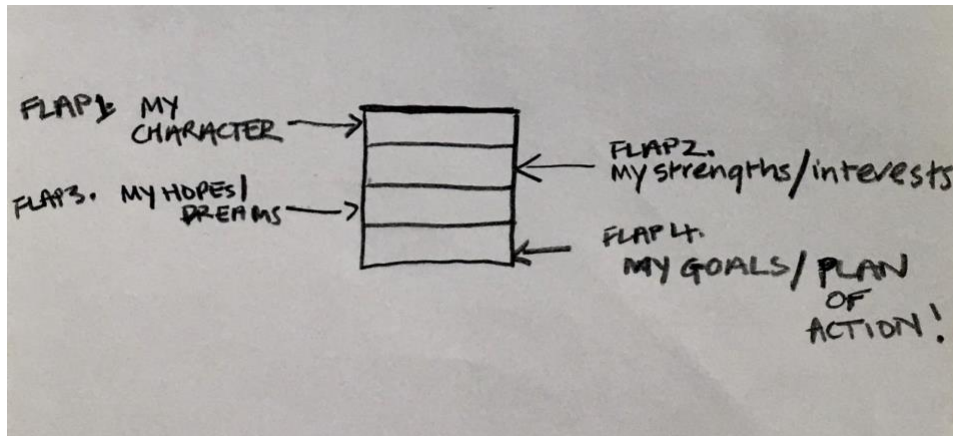
2. Start by taking a moment to think about who you are; what do you like doing and why? Perhaps think what you don't like doing and how this might also say something about you; what are your hopes, dreams, goals? What would succeeding in achieving your goals for yourself and your ideal world look like?
3. Next, it's time to make your flipbook:

- a. Take two sheets of the same size paper (you may need to trim one sheet so the two match).
- b. Place a sheet of paper vertically (portrait style) on a flat surface.
- c. Place a second sheet of paper on top of the first piece. Leave 1 or 2 inches of the first sheet of paper visible from the top.



- d. Take your stack of two sheets of paper and turn it horizontally. Pick it up and fold it from left to right to make more flaps. You will now have four flaps.
 - e. Turn your paper so that the folded side is at the top and you will have four flaps or tabs on which to draw, decorate, doodle your way to self-discovery!
 - f. Feel free to add more flaps using more sheets of paper. Just be sure that you are able to see 1-2 inches of each sheet as you layer them (and note that one sheet of paper = two more flaps). Also, you may want to secure the flip book with staples or tape at the folded edge so the pages of your flipbook don't get separated.
4. Now it's time to enter your journey of self-discovery! Using the table and image on the next page as a guide, write the bolded phrase on each corresponding flap, then using any level of creativity you desire, start filling in your flipbook! Some creative ways to fill out your flipbook can include:
 - a. Using cut-out images and phrases from old magazines to illustrate your answers to the questions for each flap of the flipbook
 - b. Drawing and illustrating your answers in your unique artistic style
 - c. Writing your answers and then using glitter and other special craft supplies to make your flaps stand out
 - d. If it's helpful, you can use our **"Who Am I?" Word List** (pg. 5) of adjectives to help you come up with the perfect words to describe yourself!

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Flap 1. My Character

Think about these questions when considering your character - Who am I? What makes me...me? How do others see me? Think about your family, where you live, school, and friends.

Flap 2. My Smarts/ Strengths / Interests

Think about these things when considering your smarts, strengths, and interests - What am I good at? What do I like doing? What else would I enjoy doing or want to explore?

Flap 3. My Hopes/ Dreams

Think about the following when considering your hopes and dreams - What would I like to do better? What would I like to be better about my life and/ or about the world I live in?

Flap 4. My Goals / Plan

Think about how you can help make a better world this summer and beyond. How can I have an impact on my world, my community? What is the first step in my plan?

5. After finishing your flipbook, consider showing it to someone in your family if you feel comfortable doing so. They will be excited to learn more about you!

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Level Up:

- Make another type of flip book! Take one piece of paper and fold it in half, lining up the corners (hamburger style) and then turn it so the folded side is on the left. On the cover draw a self-portrait. Open your paper, draw yourself in the same spot, but this time incorporating the strengths and other aspects of yourself discovered during the main activity! Then start flipping back and forth and see the transformation before your eyes.
- For a more advanced version of an animated flip book, follow the above instructions and add more sheets of paper, on the first page draw a cartoon/ comic or stick person version of yourself and on each of the following pages draw that image and add one extra image (emoji or word) that describes you or who you would like to be on each page. As you flick through the pages you will see a full picture of yourself emerge surrounded by all the words/images that best describe you.
- Check out Dav Pilkey's [flip-o-rama](#) for some [inspiration and more instructions](#)!

More to Explore at the Library:

All of the books below are available digitally in the Library's collections and showcase strong main characters with unique and special identities. Many of these titles are available on the Library's [SimplyE app](#).

- [A Boy Called Bat](#) by Elana K. Arnold
- [Alvin Ho: Allergic to Girls, School, and other Scary Things](#) by Lenore Look
- [Because of Mr. Terupt](#) by Rob Buyea
- [Brown Girl Dreaming](#) by Jaqueline Woodson
- [El Deafo](#) by Cece Bell

Your Reward:

Make sure to visit NYPL's Online Reading Portal through our partner Beanstack and log your completed activity to receive a special badge! Find our portal at nypl.org/summerreading.

Activity Authors: Rachel Skinner-O'Neill, Children's Librarian, Inwood Library and Emily Small, Children's Librarian, Seward Park Library

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“Who Am I” Word List

Accepting

Artistic

Brave

Caring

Cheerful

Compassionate

Considerate

Cooperative

Courageous

Creative

Determined

Easy going

Encouraging

Energetic

Enthusiastic

Flexible

Friendly

Generous

Hard Working

Helpful

Honest

Humorous

Imaginative

Independent

Kind

Loving

Motivated

Open-minded

Outgoing

Patient

Reasonable

Reliable

Responsible

Sensitive

Strong

Thoughtful

Trustworthy

Understanding

Warm