Name:	





You're Beautiful!

An activity of "How I define beauty"

Winnie Harlow mentioned in her TED talk, "I was bullied, I was alienated, even by people who did not mean to alienate me". Parents of her only two friends told them to avoid her as they "might catch her skin condition".

- 1. Read "How I define beauty" (page 18, What's Up June 2020) to learn about how this amazing person turned her life around despite these hurdles. We can learn a lot from her.
- 2. In her TED talk, Winnie Harlow defines beauty in her own terms, and poses this question to us: "What do you find the most attractive in a person?"
 - a) Think about this for a moment and write your response below.
 - b) Have you ever been told by someone to change how you look? Or, have you yourself felt you needed to change your appearance? Describe what it was.

- 3. "Comfortable: 50 People 1 Question" is a video that captures some people's responses to the question, "If you could change one thing about your body, what would it be?" Watch the video at https://youtu.be/f0tEcxLDDd4.
 - a) What was ONE response from an adult that you found memorable? Why?

b) What was ONE response from a child that you found memorable? Why?

c) What was ONE difference you noticed between the adults' responses and the children's responses?

- d) What is a message common to both the videos "Comfortable" and Winnie Harlow's talk?
- 4. Sit in front of a mirror and observe yourself for 10 minutes.
 - a) Write down FIVE inner qualities (e.g. character/ personality traits, values, beliefs, abilities, etc) you like about yourself and FIVE things you like about your physical appearance.

My Inner Qualities	What I like about My Physical Appearance		
•	•		
•	•		
•	•		
•	•		
•	•		

b) Using any medium you like (pencils, colour pencils, markers, paper, glitter, etc), make a selfportrait. Try to convey what you have written above in the self-portrait. For instance, if you have written "I like my birth mark.", be sure to include it in your portrait! Relax and have fun.

Self portrait		