

The background is an abstract, painterly composition. It features a broad, soft rainbow spectrum that curves across the frame. A bright, ethereal light source, possibly representing a sun or moon, is positioned in the upper right, casting a glow over the scene. The colors are blended and textured, with visible brushstrokes and a sense of depth. The overall mood is serene and hopeful.

I Am Free

for ages up to 13

Introduction



I am free to be me
From A-Z
Not she nor he
Also not thee
How fantastic can this be
No one to compare myself to - that's the key
Leaving me with such a great glee
That I have my own originality
Mixed a little with my family tree
I am just so very happy
To shout to the world with clarity
I am truly me amongst the we
I hold dear my sincerity
And my need for purity
Blended with my generosity
Oh how I love my personality – don't ye??????????

Exercise One



What do you like best about yourself and why?

What do you like best about your mother and why?

What do you like best about your father and why?

If you have a sibling, what do you like best about him or her and why?

Exercise Two



If you were to be a bird, what bird would you like to be and why?

If you were to be an animal, what animal would you like to be and why?

If you were to be a tree, what tree would you like to be and why?

If you were to be a car, what car would you like to be and why?

Exercise Three



What is your favorite color and why?

What is your favorite cartoon character and why?

What is your favorite food and why?

What is your favorite drink and why?

Exercise Four



What is your favorite thing to do and why?

What is your least favorite thing to do and why?

What is your favorite place and why?

What is your least favorite place and why?

Exercise Five



What is your favorite hobby and why?

What is your favorite thing to wear and why?

Do you like school? If not why, if yes why?

What do you want to be when you grow up and why?



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