

This I Believe Box Portrait Object Symbolism Activity

Re-read your “This I Believe Statement”. This is a story about your experience. You lived it. In your 350-500 words, you couldn’t talk about every moment of that experience that shaped your belief. You had to pick and choose what fit best to tell the story succinctly and powerfully.

But, there was much more to that experience and belief than what you imparted in your statement. This is your chance to tell the rest of that experience through objects or sensory experiences.

As you re-read your essay, we want you to be transported back to that time when you developed your personal belief. And, nothing can bring back a memory and get to the heart of a feeling than your senses: All of them.

What taste do you associate with your experience? What did you feel/touch? What did you see? What sounds did you hear? What did you smell?

Did you smell cut grass or the gasoline that dripped on your shoe from the pump? Did you feel the warmth of the sun beating on the back of your neck? Could you see the elongated shadow of your body on the pavement? Or the salty taste of sweat during practice? Did you hear the echo of voices down an empty and otherwise silent hallway?

Taste:

Touch:

See:

Hear:

Smell:

Now, you have been brought back to that experience and you are fully living in it. What objects do you associate with your experience? How can these objects be used to visually tell your story?

Are there objects that weren’t literally present but represent your belief more symbolically? What are those items?

Write 5 objects you associate with your experience as it relates to your “This I Believe Statement” and tell us why you chose these 5 objects. These objects will be included in your Portrait Box.

Objects

1.

2.

3.

4.

5.