

# Creativity Prompt

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## YOU ARE ART

**“THERE’S NEVER BEEN ANYONE EXACTLY LIKE YOU BEFORE,  
AND THERE WILL NEVER BE AGAIN.”**

### Description

Be reminded that you are a work of art through self-observation and writing and use your artistic perspective to share about the subject you know best.

### Time to Complete

5-10 Minutes

### Materials

Pen/pencil and paper, mirror (optional)

### Instructions

Ponder this quote from Mr. Rogers:

“You are a very special person. There is only one like you in the whole world. There’s never been anyone exactly like you before, and there will never be again. Only you. And people can like you exactly as you are.”

The human form has always been one of the greatest sources of inspiration for artist like Walt Whitman’s (who was himself a huge fan of opera!), “I sing the body electric”, or painter Frida Kahlo’s many moving self-portraits. Frida said famously, “I paint self-portraits because I am so often alone, because I am the subject I know best”.

Consider the subject you know best, you! Like “the back of your hand” as some people say.

Grab a pen or pencil and paper. Look at yourself for as long as you like or think about your inner beauty and find the part you want to describe; maybe it is your eyebrows (like Frida) or one of your joints (like Whitman), or literally the back or your hand! Describe it briefly. For example:

The back of my hand looks like my father’s.  
The knuckles are big and bumpy  
And have ridges and valleys like the topography  
of life.  
I like that about myself.

Continued on back

Or

My big toe is lumpy  
like the good kind of guacamole.

### **Optional Add On**

Turn your description into a song!

Further explorations:

You can stream the entire episode of Mr. Roger's Neighborhood entitled "[Everybody's Special](#)" for free.

Read the entire "[I sing the body electric](#)"

For more information about Frida Kahlo and to see some of her self-portraits visit [frida-kahlo-foundation.org](http://frida-kahlo-foundation.org).

### **Sharing Suggestions**

Share your poem with someone!

Share your description (and maybe song!) with us in the comments on Facebook, or via a tagged Instagram story.