

**Summer 2022 Week 3- Careers**  
**Future Portrait**  
**K-5**

**Objective:** Students will practice portraiture and envision themselves as adults pursuing a career of their choice!

**Topics & Keywords for Discussion:**

**Career:** an occupation undertaken for a significant period of a person's life.



**Portrait:** a painting, drawing, photograph, or engraving of a person.

**Materials:** Copy paper, crayons, markers, BGCPC FUTURE template.

**Opening activity:** Let students know that you are going to lead them through a guided meditation, and they should prepare themselves to be quiet and still for about 5 minutes. Instruct students to close their eyes, and take 3 deep breaths. "Imagine now a small sparkle somewhere deep inside your heart. This small sparkle begins to glow brighter now, and you feel it reaching up and expanding out. The glow becomes brighter and brighter filling up your chest. You feel the warmth spreading out touching your tummy, your shoulders.... getting bigger and bigger.... getting brighter and brighter, glowing all the way down to your toes. Now feel your whole body glowing like a radiant star shining out. This wonderful light is your light - your shining light - your personal brilliance. It is all the love in your heart. It is all your possibilities - and your possibilities are endless. Shine your light wherever you go. Sharing your light makes others happy, and it makes you happy as well. When you shine your light brightly, it lets others know that it is okay for them to shine their light brightly too. When we all do this, it makes the world a more beautiful, peaceful place. Take another deep breath in, and now try to wiggle your toes, and wiggle your nose, and slowly open your eyes and breathe out."

**Core Activity:** Instruct students- Think about what you want your career to be when you become an adult. A career is like a JOB, but it's bigger than any one particular job; it's a title for what KIND of industry and what kind of work you spend your time doing. On a blank piece of copy paper, you will draw a portrait of yourself in the FUTURE! The future YOU will be dressed for the career of your choice, or in the uniform that fits the role you want to fill in the world- your future occupation! First, write what that IS on the bottom of the paper. As you make your portrait, your staff will come to the table to check on your spelling and on your portrait progress, and will also write your occupation on a BGC FUTURE sign!

Staff- if you can take a few photos of individual students holding up their portrait and FUTURE signs, and SEND THEM TO ME! This is one of our activities for National Boys & Girls Clubs Week!

**Reflection: Did you like the meditation? Do you think that you will be able to shine your light BETTER as an adult, in your career? Why or why not?**