

# I'm me

## Identity Doodle Book



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The **I'm Me** project explores questions about learning disability identity, representation and voice.

This book contains tasks, instructions, ideas through which you can explore questions of identity. Identity might be little things about you personally, or big things about your place in the world.

We hope through exploring this book you'll go on a creative and rewarding journey of discovery.

This book is divided into two parts:

## 1. Warm ups

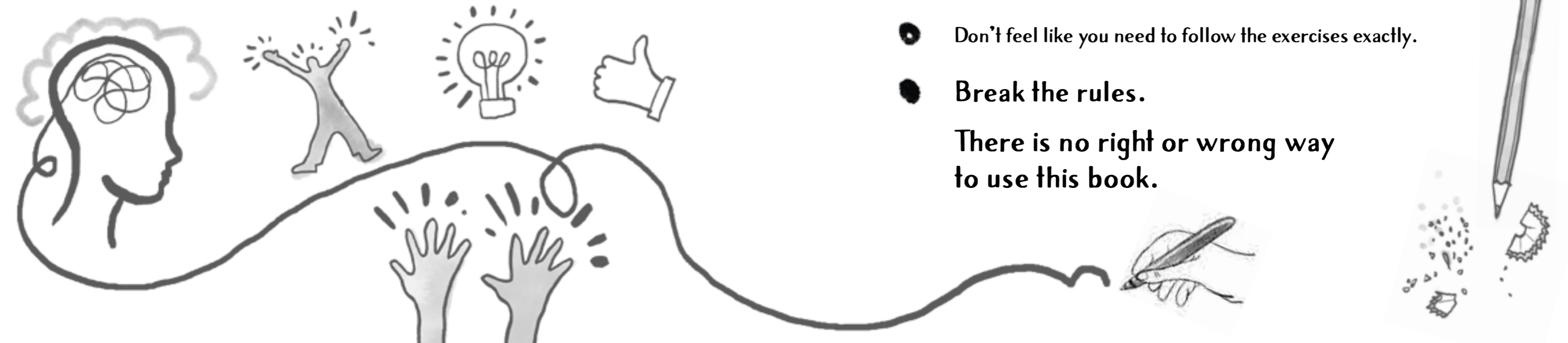
These pages are designed to get you started.

## 2. Big questions

Here we really get going with questions about identity.

- You don't need to do these pages in order, or do all of them.
- Don't feel like you need to follow the exercises exactly.
- Break the rules.

There is no right or wrong way to use this book.



# Your rights in research

1. You have the right to have your voice heard.



2. You have the right to support.



3. You have the right to feel safe and say no.



4. You have the right to privacy.



5. You have the right to feel worthwhile.



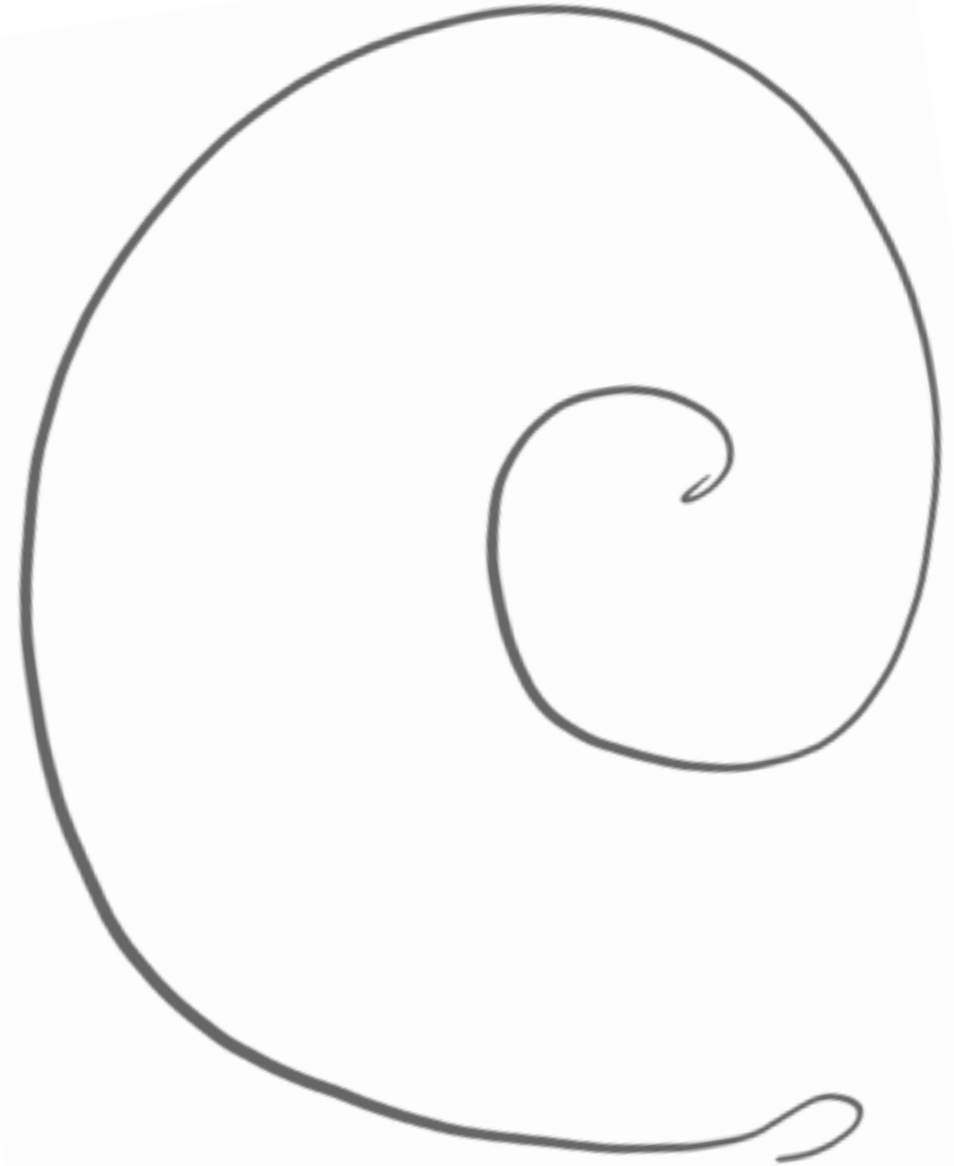
# Scribble

Turn this scribble into a drawing of yourself, aged 5.



1

Turn this scribble into a drawing of yourself, aged 105.



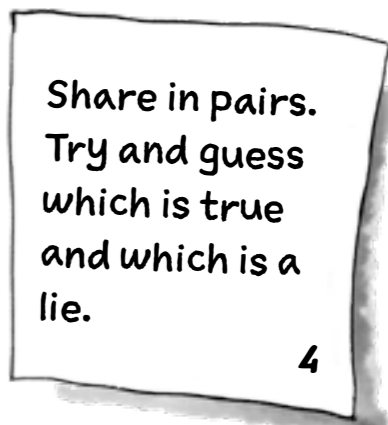
2

# Truth or Lie

Draw or write something **true** about yourself.



Draw or write something **Untrue** about yourself.



# Earworms

Fill this page with half remembered lines from songs you love.



*"Dancing queen, feel the beat from the tangerine"...*

Working with other people, can you create a new song out of all the lyrics you half remembered?

# Draw your shoes



If they could talk, what would they say?  
Write, act, sing or dance their story.



7



What other bits  
of your clothing  
have a story to  
tell?

8

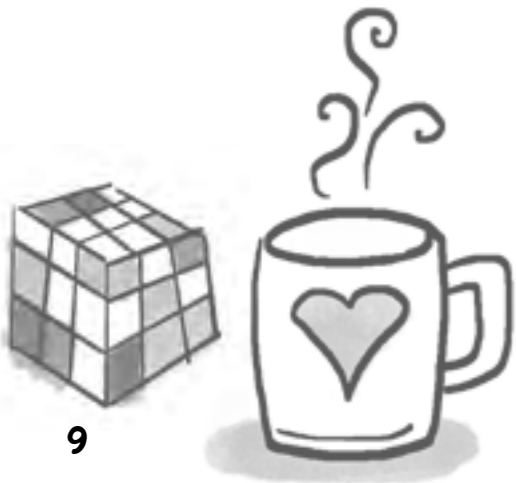
# Precious things

Draw an object that is important to you.



If that object could talk, what would it say?

Warm Up



9

Could you  
turn this  
story into a  
performance?

10



# Places

Create a list of places that are special to you.

From this list create a **Map**.



# Clothes

Draw how you dress to go to a wedding.

Draw how you dress to stay at home and be comfy.

What do your clothes say about you?



# Jobs

List any jobs you've ever had.



Draw or list any jobs you'd like to have.

# Home

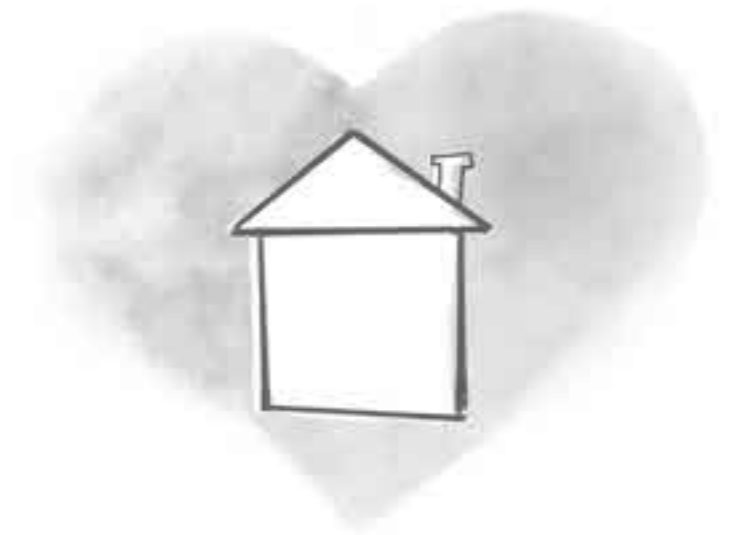
Draw your perfect home.

What 3 things make it perfect?

1.

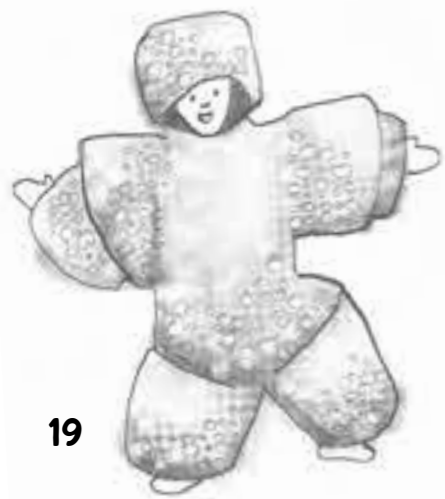
2.

3.



# Safe

When do you feel safe?  
List 3 places or times.



Pick 1

What can you see?



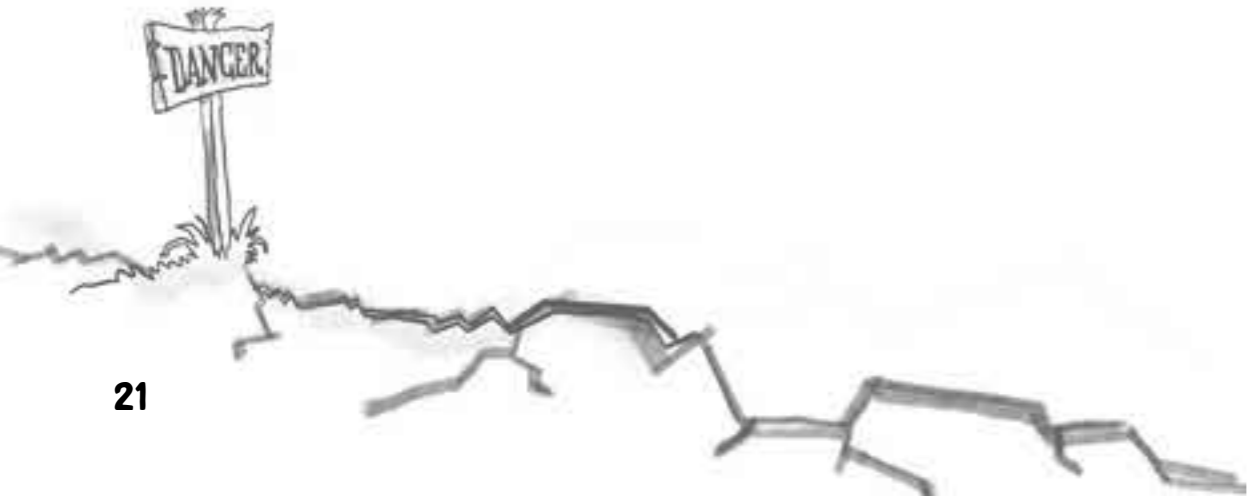
What can you hear?

How do you feel?

# Unsafe

When do you feel unsafe?

List 3 places or times.



Pick 1

What can you see?



What can you hear?

How do you feel?

# People

Draw a time somebody  
made your life more difficult.

How could you have  
responded to this  
person in a way that  
would have made  
things better?

23

Draw a time somebody  
made your life easier.



24

# Communities

List the communities you are part of.

Communities:  
A group of people  
who you share  
something with.

Pick 1

Draw or write about this community  
and how it makes you feel.





# Assumptions

Write or draw all the things people assume about you outside this figure.



Write or draw all the things that are true on the inside.



# School

Draw or write about one thing that made school fun.



Draw or write about one thing that made school difficult.



# Age

Mark three important events in your life on this timeline.



31



32

# What do you need

To be happy...



To be successful...

To be your best self...

What don't you need?



# Skills

Write or draw all the things you are good at inside the hand.



Write or draw things you struggle with outside.



# Values

List what values are important to you.

Values might include kindness, creativity, freedom, courage, independence...

Pick 1

Draw or write about a time this was important to you.

# 6 tiny changes

What little things would you like to Change?



1.

4.

2.

5.



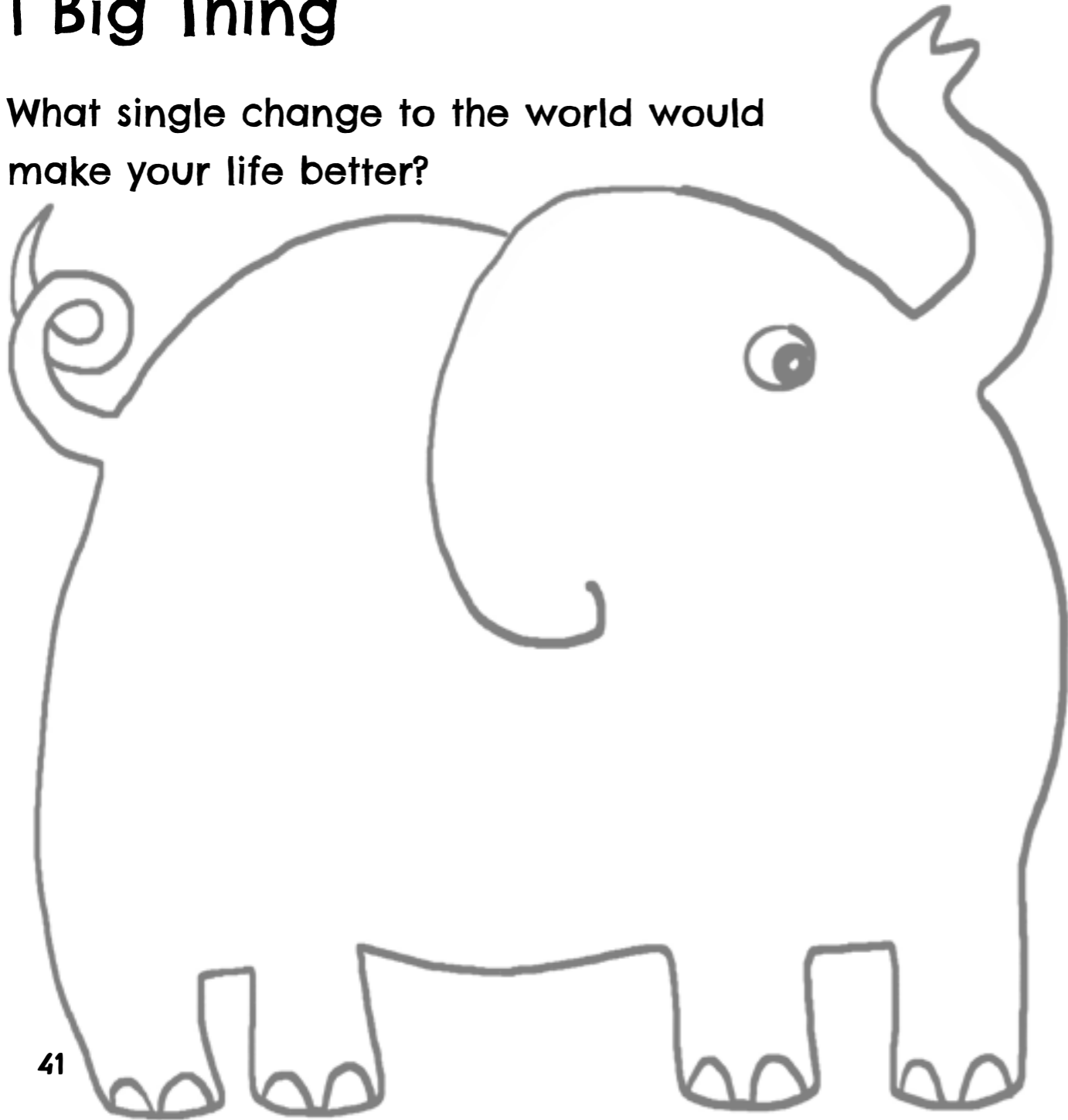
3.

6.



# 1 Big Thing

What single change to the world would make your life better?



List what you can do to make this happen.



# Yes Manifesto

List 5 things to say  
**Yes** to in your life.

1.

2.

**Manifesto:**  
A list of rules  
and beliefs  
that help you  
make decisions.



3.

4.

5.



# No Manifesto

List 5 things to say  
**No** to in your life.



3.

4.

5.

1.

2.



# Message to the Future

Send a message to your future self about what you hope your life will be like when you are older.



# Next Steps

Where could you go next  
with responses to this book?  
What could they become?



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**What  
makes  
you,  
you?**



Arts and  
Humanities  
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