



# MAKER ED PRESENTS LEARNING IN THE MAKING

## HOW TO MAKE SELF LOVE HEADGEAR

### INTRODUCTION

What do you love about yourself? How can you share what you love about yourself with the world around you?

Hats, tiaras, and crowns, oh my! One way people across cultures have displayed their love for themselves and their culture is *headgear*! From the Indigenous peoples of the Americas to the ancient pharaohs of Egypt to the royals in England to football teams with their helmets, people have designed special pieces to be worn on their heads to communicate and celebrate who they are.

**What other types of headgear can you think of?**

### YOUR CHALLENGE

Use the design process to create headgear out of cardboard that reflects what you love about yourself.

In this challenge you will:

- Reflect on what you love about yourself
- Test some construction strategies
- Design headgear made out of cardboard that fits on your head



### Tools & Materials of Making

Get creative and use whatever materials you have available.

Here are some suggestions to start with:

- **Corrugated cardboard:** thick cardboard with layers like shipping boxes
- **Thin Cardboard** like cereal boxes
- **Connection materials:** tape, glue, putty, binder or paper clips, etc.
- **Tools:** Scissors, Pens, Pencils, Markers, Paper
- **Measuring materials:** long string or ribbon and ruler
- **Your whole self** ^\_^
- **Optional Embellishing materials:** glitter, stickers, drawings

### Reflect and Journal

Your headgear will show off what makes you, you!

- ❑ On a sheet of paper, list 3-5 things that you love about yourself. Dig deep. What are your gifts to yourself and the world?



**Subject**  
Design



**Standards**  
CCSS  
CONTENT.1.G.A.2



**Grades**  
K-2nd  
3-5th  
6-8th  
9-12th



**Key Terms**

- Self-love
- Self-expression
- Affirmations
- Revolutionary act
- Corrugation
- Rigid
- Malleable
- Circumference



Watch the video here:  
<https://bit.ly/SelfLoveHeadgear>

# ACTIVITY INSTRUCTIONS



## SKETCH A DESIGN

How do you want your headgear to look? How can you make it reflect what makes you, you? Using your paper and writing or drawing materials, sketch out a design for your headgear. Your headgear will need a ring shaped bottom to be able to fit on your head. Be creative! Take a risk!



## MEASURE AND CONSTRUCT A BASE

Each of us has a unique head shape and size. We need to see what size our headgear needs to be so that it fits on our head. The measurement of a circle is called the **circumference**.

- ❑ Take your string or ribbon and wrap it around the top of your head like a crown. This is how wide your base should be.
- ❑ Complete your base by connecting both ends together to form a loop.

Now, construct the base out of cardboard using the measurement we just took.



A **prototype** is a model that engineers use to test how a design works.



**Helpful Tip:** cut with the **corrugation** for stronger structural support



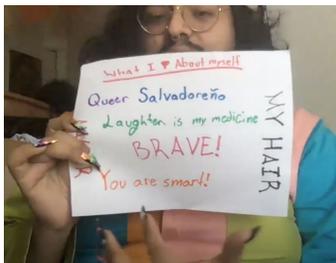
## PROTOTYPE HEADGEAR

It's time to bring your design to life. Use your cardboard pieces and design sketch to construct your headgear.

- What connection strategies do you need to use to make sure your headgear is strong and stays together? Tape? Glue? Clips?



An **affirmation** is an encouraging thing that is true or that we want to be true about ourselves. For example, "I am loving and kind", is an affirmation.



## ADD SELF LOVE

Reflect on your list of **affirmations** and things you love about yourself. Create symbols that show what you said you love about yourself and add them to your headgear.

## PUT IT INTO ACTION!

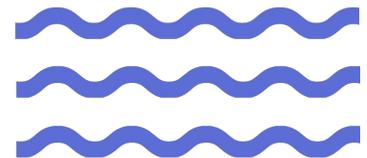
Put on your headgear, talk a selfie, and bask in your glory! Share photos of your headgear and see what others are loving about themselves on Instagram at #MakerEdAtHome #SelfLoveHeadGear

Make sure to get your caretakers permission if your face is in your photo.

## REFLECT



- ❖ Why do you think it is important to take time to recognize and honor what we love about ourselves?
- ❖ What are some other ways you can show the world what you love about yourself through making?
- ❖ How can you inspire others to share their love of themselves with the world?



Created in collaboration with: **Aáron Heard & Mario Munoz**

For more resources, visit us: [makered.org](http://makered.org)

