Inside Out Project

Objective: To create a work of art that reflects one's inner and outer lives by decorating a box – its exterior reflects the artist's outer life while its interior reflects the artist's inner life.

Origins	Materials
This project is sometimes used in art therapy	A box – cigar, shoebox or jewelry box will do. Other boxes will work but avoid anything larger than a shoebox.

Examples:

- How do you present yourself to the world? What do you want people to know about you based on your appearance? What might people assume about you when they first see you?
- By the way you dress, walk, talk, by your style, what messages are you putting out into the world about who you are?
- What are those things you do, your interests, passions, hobbies that dictate who you are? Are you a musician, magician, athlete, dancer, reader, skydiver, leader, writer, actor, fashionista, animal lover, tree hugger, coffee addict. Put those images on the outside of the box.

Show us who you are – **externally**.

Everything you draw or paint or paste, staple or sew onto the outside of the box is a reflection of how you present yourself to the world. It is your outer life that all can see. Use pictures, photographs, ads. Draw, paint, tape, attach images or objects onto the outside of box, any way you please.

When thinking about decoration the inside of the box, consider:
- Who are you on the **inside**?
- Who is that person, that inner soul, the real you, who you reveal to only a few special people who you trust and love?
- Who are you when you take off the mask you wear in public and are truly yourself?
- What are the images that reflect or symbolize your inner self? Place, glue, staple, draw or paint them inside the box.

When you're finished
You'll have created a piece of art that reflects two sides of you. Outside the box is your external self, and when you open the box, that's the inner you.

Finally...
Upon completion, reflect in writing on what you discovered about yourself while creating this Inside/Outside work of art.