



Photo Explorations: A Girl's Guide to Self-Discovery Through Photography, Writing and Drawing (Paperback)

By Cathy Lander-Goldberg

Clg Photographics, Inc., United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This unique activity book harnesses the power of expressive arts! Fun and creative assignments encourage girls to better understand themselves, strive for a balanced life and set meaningful goals for the future. Readers use past photos and new images created through picture-taking and drawing to promote self-awareness and self-esteem. Although designed for individual girls, many of the activities may be done in groups, so this is a wonderful tool for teachers, school counselors and youth leaders who want to help girls thrive. Although the exercises in the workbook are meaningful and empowering for all, the book is recommended for girls and adolescents ages 9 through 15. (Younger girls may choose to work with a parent, which provides a creative opportunity for connection.).



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