

Recipe For Me

“Just remember, whatever I do, I’ll be me and you’ll be you.” - Beautiful Blackbird

What is a Recipe for Me?

Being the true you is the most important thing you can be!

A Recipe for Me is a poetic and theatrical way to share who you are and what you are made of through words and movement.



Part 1: Write a Recipe

1. What are the different parts of a recipe? Most recipes included a list of ingredients & measurements, instructions on how to mix everything together, and how long it takes to cook and at what temperature.
2. Look over the examples of the measurements and recipe verbs listed on the other side. Which ones do you want to use in your recipe?
3. Brainstorm what makes you, you! That might include personality traits, things you like to do, people in your family who influence you, places that make you happy, what you look like, or more.
4. Write up your Recipe for Me using the worksheet on the other side. Start with your ingredients, then move on to your mixing instructions, and don’t forget to include the time, temperature, and serving instructions.
5. Read it over a few times and feel free to fix as you reread. Revision is an important part of any creative process.

Time to turn your Recipes for Me into a performance!

Part 2: Add movement to your recipe

1. Grab your Recipe for Me, and go to the Instructions Mixing & Handling.
2. Circle the verbs in your recipe’s instructions. For each of the verbs, create a movement that you can repeat. For example, you might mime two hands holding a big spoon and moving in a counterclockwise circle for “mix.”
3. Next, circle each of the ingredients. Create a frozen statue for each of the ingredients. If the ingredient is “courageous,” you might put your hands in fists and put them on your hips in a superhero pose.
4. Now it’s time to combine the movements/statues you created with the sentences in your instructions. Say each of the sentences in your instructions, and as you say the word you created a movement or statue for, do that movement or statue.
5. Keep practicing until you’ve got the words and movements memorized. Then you can play around with exactly when you want to do the movement and pose within the sentence.
6. Rehearse it a few times, then share it with someone else in the house, over a video call, or from the front steps.
7. After you share it with someone, ask them what parts they liked about your Recipe for Me performance.

Tips!

- You can choose to follow the format of a recipe closely, or not. There is no right or wrong way to create a recipe about yourself.
- You could write a recipe for someone else - maybe for Omar in *When Stars are Scattered* by Victoria Jamieson and Omar Mohamed.
- Have others write a recipe too. You could share them as a celebration of your family like Lil Alan does in *Going Down Home with Daddy* by Kelly Starling Lyons and illustrated by Daniel Minter.

Worksheet - Recipe For Me

What are some words and personality traits that describe you? What are things you like to do? What are the most important parts of who you are?

Create Your Recipe

Ingredients & Amounts

Example: 1 cup of stubbornness, 1 teaspoon of the Atlantic Ocean, 2 spoonfuls of Grandma's cooking

Mixing & Handling Instructions

Example: Mix together 1 cup of stubbornness and 1 teaspoon of Atlantic Ocean until the mixture is a deep blue. Spoon in Grandma's cooking.

Time & Temperature & Serving Instructions

Example: Bake at 350 degrees until the kitchen smells like the ocean and warm bread. Serve on yellow plates.

Measurement Examples

cup, teaspoon, tablespoon, pinch, handful, pint, ounce, drop, smidgen, dash

Recipe Verb Examples

mix, add, stir, fold, sift, pour, simmer, serve, spread, bake, blend, chop, cut, dip, fry, cook, chill, crumble, sprinkle, mash, decorate, drop, glaze, melt, press, scrape, season, smear, soak, toss

Personality Trait Examples

adventurous, athletic, bold, calm, capable, careful, clever, clumsy, confident, cooperative, courageous, creative, determined, easygoing, energetic, fair, fearless, fidgety, focused, forgetful, friendly, funny, graceful, grouchy, happy, helpful, imaginative, impatient, independent, kind, lazy, loving, mature, noisy, organized, outgoing, peaceful, protective, quiet, relaxed, reliable, secretive, sensitive, serious, shy, silly, smart, spontaneous, stubborn, talkative, thoughtful, trustworthy, understanding, unpredictable, warm-hearted.

