



# My Life Pop-Up Book

Past, Present & Future

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Fillmore Arts Center • Distance Learning • 3-5th grade

# Lesson: Create a pop-up book about your life (past, present and future)

- You will create a page for each time period: past, present and future
- Think about what you would like to include for each section.
- For each page, think about significant events, people and places in your life. You may include writing on the page too.
- Before you begin, write down notes and sketch out your idea.

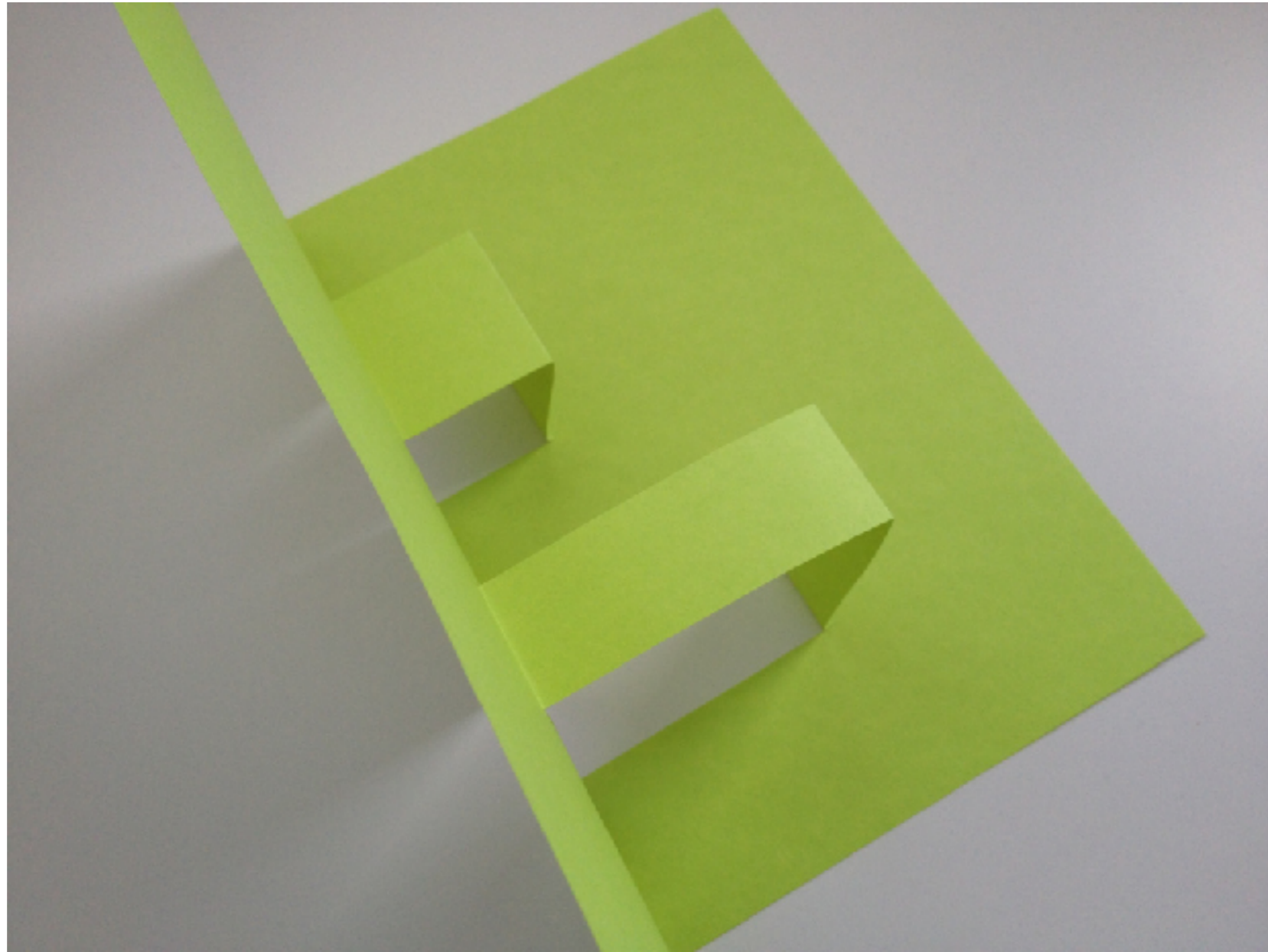
# Materials

- 6 pieces of construction paper or plain white paper for the book itself
- Scissors
- Drawing materials
- Extra paper/construction paper to cut things out of
- Glue, tape and/or stapler



## Step 1: How to make a pop-up tab

Fold the construction paper in half. Make 2 parallel cuts along the folded edge for each pop-up that you would like to have.



## Step 2:

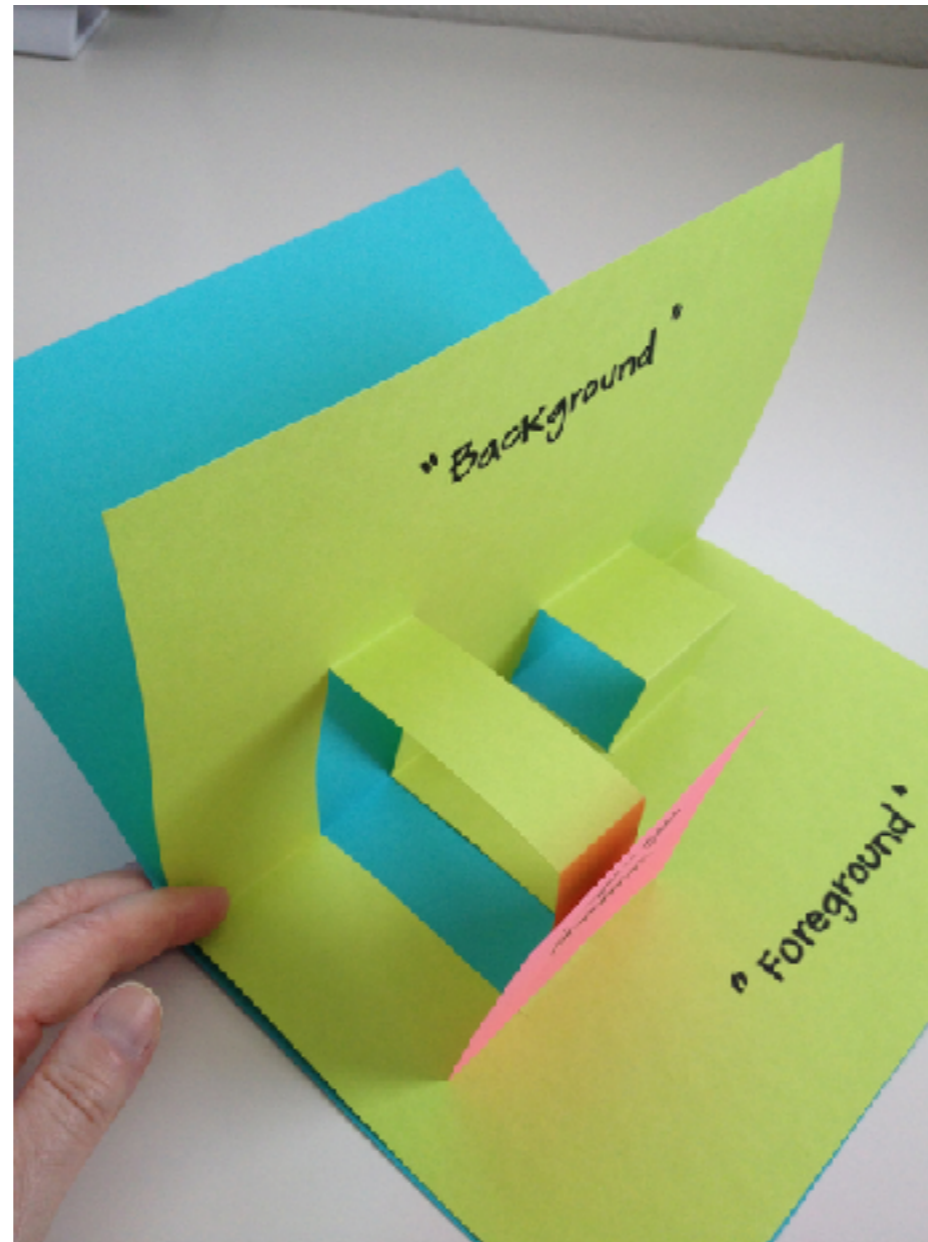
After you cut the tabs, open the paper and push the tabs to the “inside” of the paper. Now close the paper, with your tabs inside. When you open your paper back up, your paper should look like the paper in the picture.





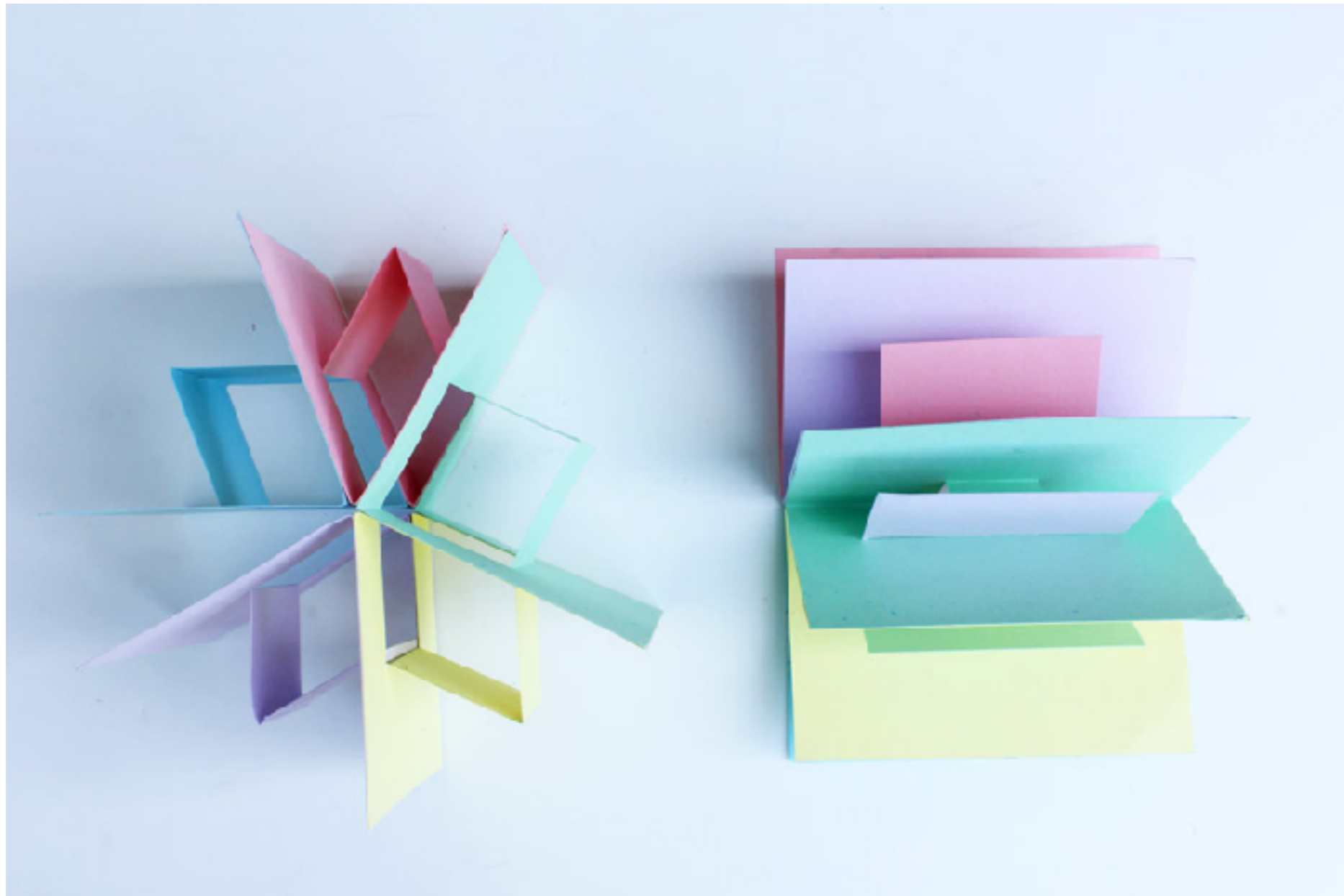
## Step 3:

Elements that will pop-up when the book is opened will be attached to the front of these “tabs”. Think about what you want to pop-up and what you want to put in your foreground and background. For your page about your past, if you put a crib for the pop-up item, you might want to draw the floor on the foreground and draw wallpaper or a window in the background. Or you could write the year you were born as the pop-up item.



## Step 4:

After you finish a pop-up page, a second piece of paper should be folded in half and attached to the back of the section sheet as shown in the picture above.



# Step 5:

Once all 3 sections and their backing sheets are completed, connect the sections together using staples, double-sided tape or glue. This book has 5 sections. Your book only needs to have 3 sections, though add more sections if you wish! OPTIONAL: create a cover for your book.



# Step 6:

Write a brief description of each section of your pop-up book.

# Final Step:

Email a pictures of your book to me  
at [valerie.montana@k12.dc.gov](mailto:valerie.montana@k12.dc.gov)

Be sure to take a picture of each section.  
Also include what you wrote about each  
section.