

# All About Me

## Sing

*These Are My Glasses* by Laurie Berkner - A simple song to sing that encourages reading. Think of all the things you can see with your glasses. Can you play I spy with your glasses?



I Am Special  
Sung to Frere Jacques

I am special, I am special,  
You can see, you can see.  
Someone very special,  
Someone very special,  
Yes, it's me! Yes, it's me!

## Watch

*Wellbeing for Children: Confidence and Self-Esteem* from Clickview

Watch this video together and talk about all the ways we can feel better about ourselves and build your child's self confidence!



## Write



*Tactile Name Writing Practice* from Preschool Inspirations

Create a tactile name book for your child to help them develop the fine motor skills needed to form letters.

## Make

Paper Plate and Button Self-Portraits

Materials Needed:

- Small paper plates
- Crayons or paint
- Glue
- Buttons
- Hand held mirror



- 1) Have your child look at their face in a hand held mirror and study their eyes, nose, and hair. Let them decide which buttons will be best for their own interpretation of their features.
- 2) Color or paint the paper plate in the color the child would like to represent their skin color, remember this is about self-expression and not picture-perfect representation!
- 3) Glue on buttons to create a face.

*All About Me Interview* from Paper Trail Design

Practice your writing by filling out an All About Me free printable worksheet. What is your favorite color? Favorite food? Who is your best friend? What makes you happy? What makes you sad? Write down all the things that make you special!

ALL ABOUT ME	
NAME:	_____ AGE: _____
FAVORITE THING TO DO:	_____
FAVORITE COLOR:	_____
FAVORITE MOVIE:	_____
FAVORITE FOOD:	_____
LEAST FAVORITE FOOD:	_____
IF I COULD GO ANYWHERE I'D GO TO:	_____
MY BEST FRIENDS:	_____
MY FAVORITE SONG:	_____
WHEN I GROW UP I'M GOING TO BE:	_____
WHAT MAKES ME HAPPY:	_____
WHAT MAKES ME SAD:	_____
IF I COULD HAVE ONE WISH IT WOULD BE:	_____

## Play

Kids love getting messy! Allowing your little one to experiment with different art materials is a great learning experience. Sculpting with playdough will let your child's imagination run wild, allow them to practice fine motor skills, and stimulate great conversations about what they are building or painting--all of which build early literacy skills. Try incorporating natural materials found outside like twigs and leaves to make a 3-D self portrait!



## Read

