

DO THIS AT HOME

All About Me

Try this activity at home to reinforce your child’s view of himself and his peers.

What Children Will Learn

Your child’s self-concept comes from defining who he is and what makes him similar to and different from other people. Through his very own print and pictures, your child’s “All About Me” book gives him the opportunity to create a picture journal book that makes a great addition to any home library. He will learn that he is special!

Materials Needed

crayons
heavy construction paper or card stock for book cover
hole punch
markers and family photos
paper
pencils
yarn

What to Do

- ▶ Talk with your child about how wonderful he is. Avoid general statements like, “You are so special” and instead use specific comments about his abilities, accomplishments, interests, and unique characteristics. “Danny, your drawings are so full of details and colors, I think you are a budding artist!”
- ▶ Explain that you would like your child to illustrate a book about himself. He can also add words and photos if he’d like.
- ▶ Begin by completing the cover page. Next, move to the other pages within the book.
- ▶ Your child can complete the pages over a certain period of time, or he can complete it in one sitting. Talk with your child about the pictures and words he adds to his pages while he works on his book.
- ▶ When the book is ready, use a hole punch and ribbon to tie the pages together.
- ▶ Invite him to lead an “Author’s Circle” where he can read his book to peers, friends, and family.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.