

Self - Portrait

Instructions:

1. Allow your child to draw a picture of themselves. First allow them to draw a picture from what they think they look like.
2. Then allow your child to draw a picture of themselves by looking in the mirror.

Extended learning:

1. Compare and discuss what the two pictures look like.
2. Discuss body parts and their purpose.
3. Sing "head, shoulders, knees and toes:"
 - o <https://www.youtube.com/watch?v=ZanHgPprl-0>

Materials:

- Two sheets of paper (or the front and back of one sheet)
- Drawing
- Utensils
- Mirror



What will children learn?

The children will learn to identify their body parts and observe what they look like. Parents can extend the activity by talking to their child about what they saw in the mirror and giving verbal praise about how they feel about their child.

Learning Objectives:

- Regulates own emotions and behavior
- Takes care of own needs appropriately
- Demonstrates fine-motor strength and coordination
- Uses writing and drawing tools