

A Book About Me

What to do:

1. Help your child collect items that represent his favorite things. For example: "*You like peaches so much. Let's save the label from this basket of peaches.*"
2. Encourage him/her to set aside special moments. For example, these could include a leaf from his/her favorite tree, one of his/her drawings, or a postcard he/she receives.
3. Fasten together several sheets of construction paper to make a book.
4. Add a title to the cover, such as *A Book About Jon*, or ask your child what he/she would like to call his/her book.
5. Invite him/her to decorate the cover of the book. Let your child attach the mementos to each page using glue or tape.
6. Talk about each page as he/she assembles it: "*This page reminds me that Grandma loves you and writes to you. And this shows how much you like to draw with your crayons.*"
7. Make sure to include empty pages in the book so that he/she can add more later.
8. Another idea: help him/her to write simple words next to a picture like, "My pet."
9. If you do not have the objects, ask your child to draw them.

Materials:

- Construction paper or recycled paper
- Pencil, crayons or color pencils
- Child's favorite items

Questions to ask your child:

- Why do you want to include this picture?
- Which item do you want to put first? And why?
- How did you decide to pick these items?
- What do you want me to write on this page?



Why is this activity important?

Your child knows many different facts about himself/herself. You can help him/her bring those facts together in a book. Collecting personal items in a book gives your child a reason to feel proud. This book also provides a resource that your child can review again at any time and may be a source of identify and security for your child.