



VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

**VOLUME #14
ALL ABOUT ME**

HELLO PARENTS,

Self-awareness is an important attribute a child learns to develop over time. It is vital for both their social and emotional growth, self-confidence as well as their academic success. With the loving support of one's parents, family, friends, teachers, etc., self-awareness is nurtured and developed to enhance the child's well-being. This newsletter provides you with activities to help your child better understand their own self, character, feelings, and needs.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

PHOTO ALBUM

MATERIALS:

- Photo album
- Pictures of your child

DIRECTIONS:

- Gather pictures of your child.
- Put the pictures inside the photo album.
- Flip through the photo album with them.
- Point to your child's picture and say comments, such as "Look, it's you!"

For more activities for your infants [click here](#).

TODDLERS (19 MONTHS – 2.5 YEARS)

MIRROR, MIRROR ON THE WALL

MATERIALS:

- Mirror (compact mirror, dressing table, long mirror, etc.)

DIRECTIONS:

- Sit next to your child in front of the mirror.
- While staring at the mirror, point to your body parts and name them. For example, point to your nose, and say, "Nose, this is my nose!"
- You can ask them questions, like "Where is your nose?"

For more All About Me activities [click here](#).

PRESCHOOLERS (2.5 – 5 YEARS)

NAME RECOGNITION PUZZLE

MATERIALS:

- Pencils/crayons
- Papers (white or coloured)

DIRECTIONS:

- Cut papers into smaller pieces ensuring you have enough papers for spelling of your child's name.
- Assist your child in writing each letter of their name on each piece of paper.
- Scramble the papers together to make sure the letters are not in order.
- Together, have your child figure out the order their name goes in.
- You can help your child by asking them what sound each letter makes.

For more All About Me activities for your preschoolers [click here](#).

JK/SK (4 – 6 YEARS)

ALL ABOUT ME BOOK

MATERIALS:

- Paper (white or coloured)
- Colouring pencils/markers/crayons
- Stapler or tape
- Craft materials (optional)

DIRECTIONS:

- Ask your child a few questions about themselves. (For example: their age, favourite colour, favourite sport, what they like to do, etc.).
- Assist your child to write the answers on a separate piece of paper.
- Have your child write a title page "All About Me".
- On each piece of paper, have your child write the different facts about themselves.
- Once finished writing, let your child decorate their papers.
- Have your child decide what papers to put in order to tell their story.
- Stack the papers together, and staple the edge along the left side.

For more self-awareness resources for your children [click here](#).

SCHOOL-AGERS (6 – 12 YEARS)

GUESS MY EMOTION

MATERIALS:

- Paper
- A pen

DIRECTIONS:

- Cut paper into smaller pieces and write one emotion on each piece (for example: happy, sad, angry, scared, worried, excited, proud, loved, bored, mad).
- On your turn, pull one card and act out the emotion. The rest of the players guess what emotion it is.
- Together, discuss how this emotion makes you feel and talk about a time when you felt it.

For more All About Me activities for your children [click here](#).

WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

 Immigration, Refugees and Citizenship Canada Immigration, Réfugiés et Citoyenneté Canada

A TIP FOR TODAY

TO HELP YOUR CHILD BUILD THEIR SELF-AWARENESS:

- Have daily conversations with them to know their interests, strengths and challenges.
- Model behaviours in a positive way to show your child how to deal with different behaviours.
- These ways will allow children to cope with numerous aspects of their lives.