



Activities at Home

Dear Parents,

The activity for week 11 on Thursday 19th November is: 'I like myself!'

The activity we will be covering involves:

- Promoting a discussion with the children about themselves
 - Learn new vocabulary and communicate their ideas and thoughts
 - Encouraging critical thinking
 - Developing fine motor skills
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Our activity includes:

- Introduce the concept of loving yourself to the children with a presentation and listen to "I like myself!" by Karen Beaumont
- Start a conversation about what they like about themselves (eg. smile, eyes, hair, voice, being fast/kind/brave/silly etc.)
- Encourage the children to create a self-portrait picture of themselves using various materials

You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.

Our suggested activities are:

- Talk to your child about what you like about them and yourself
- Look in the mirror and discuss your child's features with them
- Read some books such as:

 "I like me" by Nancy Carlson

 "What I like about me!" by Allia Zobel-Nolan

 "What I love about you!" by Susan Farrington