



## Unit 1: All About Me

### Week 6: I Like Myself!

**LENGTH OF AT-HOME ACTIVITY:** 10 to 15 minutes

**YOU'LL NEED:** The book *I Like Myself!* by Karen Beaumont, a mirror, and something to draw with.

#### ACTIVITY STEPS:

**TALK** to your child about the title of the book. Ask questions to get him or her thinking.

What do you think the book will be about? What do you think the girl on the cover likes about herself? What do you like about yourself?

**READ** *I Like Myself!* with your preschooler. Discuss the pictures and allow your child to point out letters he or she recognizes. Follow your child's lead -- if he or she wants to talk about a particular page, pause and talk about it. Explain new words like 'tame' and 'wild.'

**ASK QUESTIONS** about the story and wait 3-5 seconds for an answer. Example questions:

What do you think it means to be 'tame'? When are you tame? When are you wild?

When do you feel proud?

What makes you a good friend to others?

What do you like about your brothers and sisters?

What do you like about your friends?

**CONNECT:** Ask your child to tell you how the little girl in the story is similar to or different from him or her – in looks, personality, or anything else your child can think of.

**REVIEW:** Encourage your child to explain what you just did together; for example: "We read a story about a little girl who likes herself. We talked about..." Have your child try summarizing the story.

**FOLLOW UP ACTIVITY:** Set a mirror up in front of you child and allow him or her to draw a self-portrait. Ask your child to tell you about the picture and explain what he or she likes about him or herself.

**WRITING EXTENSION:** Help your child make a list of 5 things he or she likes about himself or herself. You can write the letters and allow your child to trace over them if he or she is able. Invite your child to draw pictures of the things on the list.

**CONGRATULATIONS, PARENT!**

You've completed a Virtual Pre-K lesson!

Congratulate your child and remember to read together before bed!