

Unit 1: All About Me
Week 6: I Like Myself!

Objectives:

To read *I Like Myself!* with your preschooler, to discuss with your preschooler what they like about themselves, and most importantly, to enjoy spending time with your preschooler.

Materials:

A copy of *I Like Myself!* by Karen Beaumont and a smile!

Week 5 Lesson Steps:

1. Start by talking with your child about the title of the book, *I Like Myself!* What do you think the book will be about? This conversation will help your child begin to make predictions about what the book will cover and connect their initial thoughts to personal experiences.

Example Questions:

- What do you think this book is about if it's called *I Like Myself!*
- What do you think this little girl likes about herself?
- What do you like about yourself?

Conversation Starter/Ice Breaker

Talk about what your child likes about himself or herself. When does your child feel proud? What about your child makes him or her a good friend? What does your child like about his or her brothers and sisters? What does your child like about his or her friends? Try to use emotion words like *happy, proud, excited, glad*.

2. Read *I Like Myself!* with your preschooler.
Have a good time reading! You don't have to read every single page of the book. It's much more important to spend time cuddling and talking with your child.

Fun and Easy Reading Tips:

- Smile when you read. Your child will be able to hear the difference in your voice and know that you are happy to be spending time with him or her.
- Experiment with different volumes of your voice. Read some pages in a whisper and some pages in a loud voice. These variations will draw your child back to the text.
- Ask questions when you read. Talk to your child about the pictures they see and the words that they hear. Make sure to give your child enough time to think about what you are asking and remember that there is no right answer! Let your child express his or her own opinion.
 - Some questions to ask about words and pictures for *I Like Myself!* are
 - Choose a page in the book and ask, "What do you think is happening on this page?"

- What do you think it means to be tame? When are you tame? When are you wild?
- Follow your child's lead. If your child wants to talk a lot about a particular page, talk about it! Let your child's interests direct your book reading.
- Make connections. Talk about the ways that the little girl in the story is similar to or different from your child. Making connections to your child's life helps him or her learn.
- Review what you have read. Summarizing what you have done helps your child remember what you did today.
 - Example: Today we read a story about a little girl who liked herself. We talked about what you like about yourself and what you like about your friends.
 - You can also ask summarizing questions such as
 - What was your favorite part of the story?

Conclusion:

Today you talked with your preschooler about the different things the little girl likes about herself in *I Like Myself!* You also talked with your preschooler about what he or she likes about himself or herself and what he or she likes about his or her friends. By reading this story with your preschooler and talking about the things he or she likes about himself or herself, you are helping your preschooler build self-confidence and be proud of himself or herself!

Follow Up Activity:

Give your child a mirror and art supplies. Have him or her draw a self-portrait and then tell you about what they've drawn and what they like about themselves.

Writing Extension:

Help your preschooler make a list of 5 things he or she likes about himself or herself. Your preschooler can then illustrate his or her list.

Early Developmental Standards Taught in Week 5

- Describe self using several different identifying characteristics and/or unique qualities.
- With modeling and support, ask, and answer (respond to) questions about text read aloud.
- With guidance and support, discuss the use of illustrations to support the descriptions of characters, settings, or predict events in the story.
- With modeling and support, use a combination of drawing, dictating, and emergent writing to express a preference, opinion or idea about a specific topic or text.
- With modeling and support, ask and answer questions about text read aloud.
- Participate in listening to common types of text.