

Unit 1: All About Me  
Week 7: I Like Myself!

Materials Needed:

A copy of *I Like Myself!* by Karen Beaumont and a few minutes to spend quality time with your preschooler!

Week 7 Lesson Steps:

1. Start the lesson by reminding your child that you read *I Like Myself!* last week and talked about all of the things your preschooler likes about himself or herself.

Conversation Starter/Ice Breaker

Teach your preschooler the following song:

I am special  
I am special  
So are you  
So are you  
We are very special  
We are very special  
Yes it's true  
Yes it's true

2. Read *I Like Myself!* with your preschooler.  
Have fun reading with your preschooler! Make silly sounds and faces, ask questions, and let your child talk about the book. It's so important to give your child your undivided attention for a few minutes throughout the day.

Fun and Easy Reading Tips for Parents

- Ask lots of questions! Spend time talking with your child about what they are reading by asking questions, answering your child's questions, and providing your child with more information.
  - Some questions you might ask for this story are:
    - What is the silliest part of this book?
    - How does it feel when someone says something mean about you?
    - What do you like about yourself?
- Point out letters with your child. Open a page and see if you can find the letter that their name starts with!
- Sing "Head Shoulders Knees and Toes" on the page where the little girl says she likes "my eyes, my ears, my nose..."
- Talk about colors. Help your preschooler identify the color of certain illustrations.
- Celebrate reading! Shout hooray or clap your hands when you are finished reading to show your child that reading is an accomplishment!

Conclusion: Today you read *I Like Myself!* with your preschooler and talked about what your preschooler likes about himself or herself, letters, and body parts! Lots of talk and labeling will help your preschooler recognize letters and sounds in words.

Follow up Activity: Make a favorite things collage with your preschooler. Help him or her cut pictures out of magazines or the newspaper. Have your preschooler label the objects and talk to you about his or her favorites.

Writing Extension: Help your preschooler practice writing the letters in his or her name.

#### Early Developmental Standards Taught in Week 7

- With guidance and support, participate in shared writing activities.
- Recognize frequently occurring uppercase letters and some of the most frequently occurring lowercase letters.
- Demonstrate understanding of basic features of print; distinguish between words and pictures.
- With modeling and support, ask and answer questions about text read aloud.
- Participate in listening to common types of text.