

Dear Caregivers:

Today we used some of these books, fingerplays, and other materials in our storytime. Please continue helping your child develop by sharing these at home!

I LIKE ME!

LETTER OF THE DAY

M m

ASL SIGN OF THE DAY

"Mirror"



To sign mirror, place your dominant hand in front of you with all fingers together and pointing upward. Move the hand in a twisting motion as if you are checking your reflection.

BOOKS TO SHARE

I Love Me!

by LaRonda Middlemiss

I Like Myself!

by Karen Beaumont

What's Special About Me, Mama?

by Kristina Evans

It's Okay To Be Different

by Todd Parr

My Nose, Your Nose

by Melanie Walsh

Incredible Me!

by Kathi Appelt

Happy In Our Skin

by Fran Manushkin

I Like Me!

by Nancy Carlson

The Colors Of Us

by Karen Katz

I'm Gonna Like Me: Letting Off A Little Self-Esteem

by Jamie Lee Curtis

Being Small (Isn't So Bad After All)

by Lori Orlinsky

FUN WITH FINGERPLAYS AND SONGS

I Am Special

[Tune: "Frere Jacques"]

I am special, I am special,
You can see, you can see,
Someone very special,
Someone very special,
Yes it's me,
Yes it's me!

All About Me

[point to body parts as you recite the rhyme]

Ten little fingers,
Ten little toes.
Two little ears,
And one little nose.
Two little eyes
That shine so bright.
Two little lips
To kiss you goodnight! [blow kiss]

I'm Glad To Be Me

I look in the mirror
And what do I see?
I see the me
No one else can be!
I am precious,
I am glad to be me.
My hair, my face, my personality.
My size, my shape,
The color of my skin,
All make up me -- outside and in!

The People On The Bus

[Tune: "The Wheels On The Bus"]

The cats on the bus go meow, meow, meow,
Meow, meow, meow.

The cats on the bus go meow, meow, meow,
All through the town.

[Verses: *dog, horse, etc.*]

[Final verse:]

The people on the bus go 'I like me,'
'I like me,' 'I like me!'
The people on the bus go 'I like me,'
All through the town.

What A Wonderful Person You Are

[Tune: "Twinkle, Twinkle, Little Star"]

Twinkle, twinkle, little star,
what a wonderful person you are!
With two bright eyes, **[point to eyes]**
and nice round cheeks, **[point to cheeks]**
A talented person from head to feet! **[point to head and feet]**

Twinkle, twinkle, little star,
What a wonderful person you are!

"This Is Me" from *The Greatest Showman*
(2017)

"I Love Me" by Meghan Trainor (2016)

MORE FUN!

Loose Parts Self Portraits

Materials:

- Mirror
- Variety of loose parts
 - Metal washers
 - Yarn
 - Bottle caps
 - Pipe cleaners
 - Natural materials
(Leaves, pebbles, twigs, etc.)



Lay out loose parts options and a work surface for your child (this can be a table, an empty picture frame, a tray, a large cardboard square, etc.)

Take some time looking at each other in the mirror together. Guide your child(ren)'s observations of their face with questions like, "What shape are your eyes?"

Now, let your child(ren) create their portrait. While they create or when they're finished, you can enhance the experience by asking open-ended questions like, "How did you decide to use (type of material) for your (body part)?"

The creation of self-portraits helps to develop your child(ren)'s sense of 'self-concept' -- which is their awareness of the characteristics that make them the same as or different from other people.

Loose parts process art is intended to be impermanent, but you can take a photo of your child(ren)'s self-portrait before cleaning up the workspace together.

For more loose parts activity ideas, check out the Loose Parts series of books by Lisa Daly.

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