Self Portrait

This activity is a great way to help your child understand that everyone is different in their own special way. Plus, learning about who they are will help establish the foundation for positive growth and empathy.

Learning Outcomes

Domain: Emotional
Indicator: Identifying self and in relation to others
Skills: Identity formation

Materials

- Small hand mirror
- Paper
- Crayons or pencil crayons

Instructions

Step 1: Have your child look in the mirror. While examining their face, describe the different parts of their face, pointing to their eyes, nose, mouth, ears and so on.

Step 2: Ask your child to draw themselves from what they see in the mirror.

Step 3: Display the art on the fridge!

Age Adjustments

For older preschoolers: Have your child describe what makes them special and different from others so they understand their qualities are important.

For younger toddlers: Start by talking about simple body parts like eyes, nose, mouth and teeth.

Playful Questions

- What is your eye color?
- Do you have freckles?
- How many teeth do you have?
- Is your face round or long?
- Can you show me how you smile?