

All About Me – Sample Lesson

Week 1: Me, Myself and I

- Draw a self portrait and talk about the physical attributes and character of your child.
- Speak with them about all the things they can do and how they have grown since they were born.
- Remind them how important they are to you and your family.

Extension Activities

- Draw individual portraits of other family members and discuss the use of portraits to remember people and times.
- Discuss the physical features of the child compared to other members of the family (ask “who else has the same colour hair and eyes as you?”).
- Read Alison Lester’s books: *Tessa Snaps Snakes*, *Clive Eats Alligators*, *When Frank Was Four*, *Ernie Dances to the Didgeridoo*, *Celeste Sails to Spain*, *Rosie Sips Spiders*.
- Talk about and/or record things about your child at this age, such as:
 - Where they live and who they live with;
 - Things they like, including books, games and cherished toys;
 - Songs they like to sing; and
 - Favourite foods