

My Self Portrait

Self-Discovery allows children to look inside and understand who they are—what they like and dislike, how they are different from other people, and where they fit in the world—an awareness that inspires them to understand and unleash their potential.

Materials: Printable template, art supplies

Estimated Time: 30 minutes



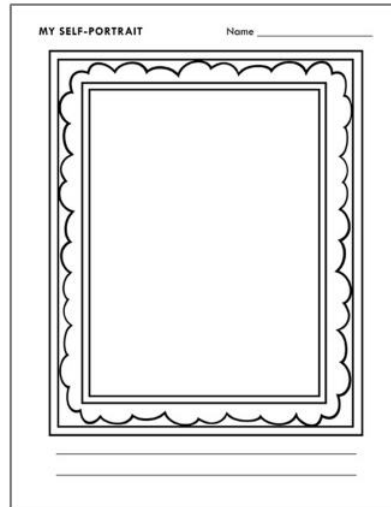
Optional Pre-Activity Fun

(Use with Spencer's Wondrous Wish storybook and music CD found in the Choosy Kids Digital Media Subscription package)

Show your child pages 18 and 19 in the storybook, [Spencer's Wondrous Wish](#), and discuss how Spencer feels about having special abilities. Then turn to page 30 and discuss how Spencer feels good about himself when he is able to use his special abilities to save Pee Wee. Next, ask your child to name a time when she used a special quality that made her feel good. Or, play the song, "[What I Love About Me](#)" to help your child explore and celebrate her unique characteristics and special qualities.

Step 1

Print template.



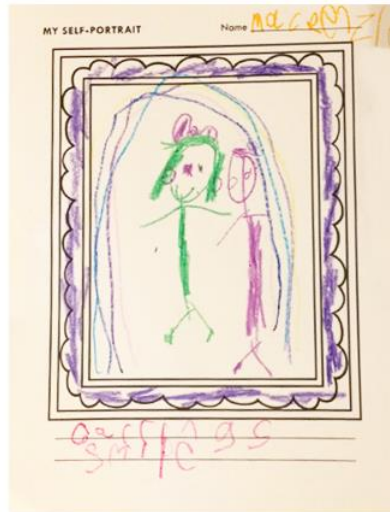
Step 2

Position your child near a mirror and ask her to look closely at the style and color of her hair, the color of her eyes, and the features she loves about herself. Then give her a copy of the My Self Portrait template and ask her to draw a picture of herself and to decorate the frame using her favorite colors and craft materials.



Step 3

Ask your child to write something she loves about herself under the picture. For younger children ask them to describe something they love about themselves and write it for them.



Step 4

Hang the portrait in a prominent place in the house as a reminder for your child.

