

# CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)  
Parent and Provider Resource: Activities for Distance Learning

## Self-Identity and Diversity

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at [www.chs-ca.org](http://www.chs-ca.org) and click on the News and Events tab for more learning resources.

## INFANTS - Activity: Look at Me!

### What you need:

- Wall mirror or a large hand mirror

### What to do:

- Sit in front of a large mirror. If you do not have a wall mirror, hold a smaller mirror in your hand, and invite your infant to sit in your lap
- Use your finger to tap the mirror and point out different body parts as you name them. For example, tap the reflection of the child's nose as you say, "I see Lucy's nose!"
- Continue with naming and pointing to body parts such as eyes, ears, hair, arms, and legs
- Now point out your own body parts in the mirror. For example, "I have a nose too!"
- Repeat the activity again, but this time touch your child's reflection and then her body. For example, "I see Lucy's nose! (touch mirror) Here is Lucy's nose!" (touch infant's nose)
- For older infants you can also use this activity to introduce emotions. Try making a happy or sad face in the mirror, tapping the image, and saying, "Can you make a happy face too?"

### What the activity does:

- Develops body and self-awareness
- Encourages infants to visually track movement
- Introduces vocabulary for body parts and moving
- Builds the relationship between adult and infant through eye contact, touch, and voice

