

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 and click on the News and Events tab for more learning resources.

PRESCHOOL - Activity: Mirror Self-Portraits

What you need:

- Hand mirror or mirror with a stand
- Drawing paper
- Pencil, crayons, and markers
- Photos of family members or friends

What to do:

- Place the paper, pencil, crayons, and markers on a table. Prop or stand the mirror so your child can see their reflection
- Invite your child to draw a self-portrait based on their reflection in the mirror
- Ask your child to describe their self-portrait to you
- Talk with your child about how sometimes people in the same family have similar features
- Look at family photos together and hunt for similarities and differences in the physical appearance of family members
- Discuss how even when we look like people in our family, we all have qualities that make us unique
- Invite your child to draw a family portrait using the photos as a reference
- Now look at photos of friends. Ask your child to compare their physical features with their own. How are friends alike and different?
- Have a conversation about how even people who are not related can look alike, but how they are also unique
- During conversations introduce vocabulary children can use to describe diversity such as: alike, different, similar, dissimilar, unique, and relative. Discuss the many shades of color that can be found in eyes, hair, and skin tones

What the activity does:

- Develops body and self-awareness
- Practices observation skills
- Develops knowledge of similarities and differences in people
- Introduces new vocabulary
- Encourages creative expression

