All About Me

Learning Objectives

- Discuss the different parts of our body through song
- Locate our different body parts
- Define self-portrait
- Explore different self portraits
- Discuss what materials we can use to create a self portrait
- Use various art materials to create a self portrait
Let’s Sing a Song!

<table>
<thead>
<tr>
<th>That’s Me, Complete</th>
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<tbody>
<tr>
<td>To make this song more interactive try pointing or wiggling the different body parts</td>
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I have ten little fingers and ten little toes  
Two little arms and one little nose  
One little mouth and two little ears  
Two little eyes for smiles and tears  
One little head and two little feet  
One little chin, that’s ME, complete!
How Do I Move?

Activity

- Ask your child to think of different ways they move their bodies
- Next explain to your child that you will be playing a moving game with them
- Take turns naming ways you can move your bodies, such as:
  - Jumping
  - Hopping
  - Dancing
  - Spinning
  - Walking
- Now everyone moves their bodies!
- Repeat this with over movement words

Books to Explore About Movement
- From Head to Toe by Eric Carle
- Clap Your Hands by Lorinda Bryan Cauley
- 26 Big Things Small Hands Do by Coleen Paratore

Books To Explore About Me
- I Can Be Anything by Jerry Spinelli
- ABC I Like Me by Nancy Carlson
- Be Who You Are by Todd Parr
Careful Looking

<table>
<thead>
<tr>
<th>Judith Leyster: Self-Portrait¹</th>
<th>Guiding Questions</th>
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</table>
| ![Image of Self-Portrait](https://images.nga.gov/en/search/do_quick_search.html?q=%221949.6.1%22) | - What do you see?  
- What do you notice about this portrait?  
  - What makes you say that?  
- Who do you think this person is?  
- What do you think they do?  
- What are you wondering about?  
- What do you want to know more about?  
- What do you think self-portrait means? |

¹ [https://images.nga.gov/en/search/do_quick_search.html?q=%221949.6.1%22](https://images.nga.gov/en/search/do_quick_search.html?q=%221949.6.1%22)
Let’s Make a Self Portrait!

<table>
<thead>
<tr>
<th>Materials &amp; Description</th>
<th>Directions</th>
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| ● Mirror or Picture of Your Child  
● Paper  
● Crayons, Colored Pencils, or Markers  
● Play Doh or Modeling Clay (Optional)  
● Any Recyclables or Scrap Paper (Optional) | 1. Lay out paper and art materials  
2. Ask your child:  
  a. Who is in a self portrait?  
  b. Do you include objects or other items in a self portrait?  
3. Review the Jedith Leyster self-portrait and discuss  
4. After some careful looking ask your child what they might include in their self portrait  
  a. What is important to them?  
  b. What do they want people to know about them?  
5. Now it’s time to get creative!  
  a. Have your child look in the mirror or look at their picture and take in their person  
  b. Now have your child use the art materials to begin making their self-portrait  
6. If you have work to get done, let your child know that you will set a timer and work on your work while your child works on their self-portrait until the timer is done  
  a. If your child finished before the child is done, encourage them to look at their work and see if they want to add anything OR to make a second portrait using different materials or colors |