

I Know Me

Benefits for Your Child:

- Develops a sense of identity
- Introduces self to others
- Develops a sense of belonging

Preschool or kindergarten may be the first time children are in a non-family setting. They will need to become comfortable identifying themselves to teachers and friends.

Kindergarten Connection:

In kindergarten, positive behavior that initiates play and develops friendships will be reinforced.



Book List

All About Alfie by Shirley Hughes.
Alfie figures things out and accomplishes some little four-year-old feats on his own.

No, David! by David Shannon.
David realizes his mom still loves him even though she tells him "No" throughout the day.

I Like Me by Nancy Carlson.
A cheerful girl piggy confidently states: "I have a best friend. That friend is me!"

I Like Myself! by Karen Beaumont.
In rhyming text, a child expresses his self-esteem.



FRIENDS & FAMILY: ACTIVITY 1

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A Utah Family Center / Utah PTA Project

Tips:

- If your child has a nickname, help him/her learn his/her full name, not just the nickname.
- If your child is overwhelmed, remember that this does not need to be learned all at once. Keep it fun!

More Ideas:

- Modify the story of "Goldilocks and the Three Bears" to fit your family ("Mary and the Four Smiths").
- Chant, "Who Stole the Cookies From the Cookie Jar?" and insert friends' and family names.
- If your child has already learned his/her first and last name, age, and names of friends and parents, use the melody of a song your child knows, substituting his/her telephone number and address for the words.

Role-play the first day of school. Pretend to be your child's kindergarten teacher. Teach your child how to shake hands, look you in the eye, smile and say, "My name is Mary Smith. It's nice to meet you." Have your child practice this new skill with other family members, friends, and neighbors.

A Handshake and a Smile



Using your child's personal information—including first and last name, age, friends' names, and parents' names—make up a story or song to practice.