



## Ms. Valerie's Learning at Home Activity Self Portrait

Related **Social Studies Lesson** Airs February 11, 2021 on WQLN PBS

### How to Make

Talk with your child about how all people are the same in some ways and different in some ways. Talk about the meaning of the word "diversity." Diversity means differences. People may be different in many ways, including race or ethnicity, age, disabilities, language, culture, appearance, or religion. Diversity is what makes the world interesting! For this self portrait, try doing a scripted drawing of the parts that people have and finishing with the details specific to your child.

#### Materials:

- Paper
- Crayons, people colors (if you have them)
- Mirror

#### Directions:

1. Look in a mirror and talk about your child's features.
2. Talk about what makes your child special and unique.
3. Get out a piece of paper and a dark colored crayon.
4. Verbally give directions to your child, starting with the head at the top of the paper, drawing alongside. Continue to give verbal directions for basic parts (head, eyes, nose, mouth, ears, body, arms, hands, legs, and feet).
5. After you finish the drawing, it is time to add details using other crayon colors. Look at fingers, hair, eyes, skin color, clothing etc.

#### Twinkle Twinkle Little Star I Love You Ritual



Twinkle, twinkle, little star,  
What a wonderful child you are,  
With bright eyes, and nice round cheeks,  
A talented person from head to feet,  
Twinkle, twinkle, little star,  
What a wonderful child you are.

Sing the "Twinkle Twinkle" I Love You Ritual with your child. For more information about I Love You Rituals, follow these links: [consciousdiscipline.com](https://www.youtube.com/watch?v=VHrG4jWVv4c) <https://www.youtube.com/watch?v=VHrG4jWVv4c>

