



All About Me

Children are fascinated with themselves and the fact that no one else is like them! Children love to look in the mirror, study their hands and feet, and learn how to take care of themselves. Your All About Me Theme Box is full of materials that will assist you in teaching your students all about their bodies and emotions. There's even a web full of activities to help you integrate the All About Me theme across the curriculum.

Using the Materials

All About My Day Puzzle

- Have students place the puzzle pieces in the order that matches their day. Talk about what time it is when they do what's pictured on the puzzle.
- Create a class schedule. Make a list of classroom activities and discuss the time of day each activity occurs.

Book, Pop and Play People

- Read the book and have students point to the places on their body as you call out the names.
- Let the students count out the number of people in their family using the pop and play figures.

Expression Cards and Mirrors

- Call out the expression on each card. Have the children mimic the expression and watch themselves in their mirrors.
- Have students describe what might have happened to make the person have that expression.

Cookie Cutter

- Trace the cookie cutter. Draw appropriate clothing for winter, summer, spring and fall.
- Cut shapes in play clay. Have students decorate them to look like themselves.

Stethoscope and Microphone

- Have the children work in pairs and listen to each other's hearts using the stethoscope.
- Interview the children. Ask questions about their favorite things or their families.

Hand Print Card, Magnifying Glass and Stamp Pad

- Have students take their hand prints. Discuss how everyone's prints are different. Have students examine their fingerprints with the magnifying glass.

Suggested Reading

Here Are My Hands

by Bill Martin Jr. & John Archambault

How Do You Feel?

by JoAnne Nelson

I Like Me!

by Nancy Carlson

I'm Growing

by Aliki

I'm Terrific

by Marjorie W. Sharmat

Just Like Me

by Barbara Neasi

My Five Senses

by Aliki

Peter's Chair

by Ezra Jack Keats

Quick as a Cricket

by Audrey Wood

Outside In

by Clare Smallman & Edwina Riddell

The Five Senses

The five senses are very important to our everyday life. We use them to see, hear, feel, taste and smell.

- To experience all five senses, pop popcorn in class. Children can feel the kernels, hear them "pop," smell them cooking, see the white fluffiness and taste how good the popcorn is!

Sometimes a person can be born without or lose one of her five senses. When one of the five senses is lost or impaired, the person must rely on other senses.

- A person who cannot hear is deaf. Deaf people often communicate through sign language, a series of hand signals that stand for words. Have the children take turns wearing ear plugs or earphones. Explain how they can use their sense of sight to read lips and observe hand gestures to help them understand what's going on in the classroom.
- A person who cannot see is blind. Blind people can read using books that have been written in Braille. Braille is a raised alphabet that is read by touching the letters with the fingertips. Take turns blindfolding children. Encourage them to use their sense of touch and sound to aid them in moving around the classroom.

People Pretzels

You will need:

- Pre-made bread dough (thawed)
- Egg whites
- Water
- Salt

Give each child a handful of dough. Help the children roll and twist the dough into a rope shape about 24" long. Form the bread rope into the outline of a person (just like them) and let it sit for 20 minutes.

Combine the egg whites with water and brush it onto the "bread people." Let the children sprinkle their "people" with salt. Place on a cookie sheet and bake at 350° until golden brown.

Children may want to personalize their people pretzels by adding more dough for hair, facial features or initials.

Taking Care of Myself

It's never too early to start taking care of our bodies. Help your students stay healthy by showing them how to take care of their bodies.

- Demonstrate the proper way to brush teeth. Invite a dentist or dental hygienist to talk to your class about how to keep teeth and gums healthy.
- Set up a doctor's office. Have your students play doctor on stuffed animals or dolls. Discuss the importance of doctors, and how they help keep us healthy.
- Good nutrition is essential to staying healthy. Introduce the food pyramid to your class. Have students name their favorite foods and see which group they fit into.