

All About Me

Subject: Physical Health for Preschoolers

Ages: 2–5

Objective: The child will learn to identify themselves as individuals.

Materials: Classroom of students, “All About Me” Template

Procedures:

1. The teacher will ask the students to take a look around the room. A simple discussion about the classroom as a community can take place at this time. The teacher may point out that they are all together as a part of one collective goal, to learn and to support one another. He/she will point out that while they have a similar goal in common, it is also important to understand themselves as individuals.
2. The teacher will ask the students to share some of their observations; how the children are similar and how they differ.
(Many of these observations will be focused on the physical characteristics)
3. The teacher will point out that people have different personalities also. The point here is for the children to notice differences and accept differences, to recognize that differences are important for creating individuality. Each individual is slightly different from the next, and that is what makes you, YOU!
4. The teacher will hand out the “All About You” Template. The students will fill it out with information about themselves.
5. The teacher will post these on the bulletin board.

Extensions:

The students may draw or add a photo of themselves to their work if desired.

