

# SELF-CONCEPT & SELF-IMAGE

Week #1



## ACTIVITIES YOU CAN DO AT HOME

- Play dress-up in front of a mirror and talk about the clothes they picked and why
- Practice saying positive phrases into the mirror:
  - “I can!”
  - “Today is going to be a good day”
  - “I love myself”

## Understanding Self-Concept & Self-Image

From birth, infants begin to establish a sense of self by establishing relationships with their caregiver. Adults become teachers and children learn self-concept from those relationships even if the relationship bond is broken. As infants grow, the world around them becomes the environment in which influences their self-image. Children develop “Social Smiles”, behavioral changes and personality. When nurtured, self-image becomes self-esteem and connections are built, leading a child’s success/confidence or challenges/insecurities.

Articles to consider: **Ages & Stages: How Children Develop Self-Concept** by Susan A. Miller Ed.D, Ellen Booth Church, and Carla Poole

[www.scholastic.com](http://www.scholastic.com)

## IN TODAY’S CLASS WE:

- Read the book, “The Very Hungry Caterpillar” By Eric Carl  
This book discusses the needs of the caterpillar in order to make important changes. It goes over life cycles and gives visual examples of how the caterpillar goes from a tiny egg to a beautiful butterfly.
- Caterpillar craft- the class made their own caterpillars by painting egg carton caps and by using craft material to decorate the body.

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*“But he was STILL hungry!”*

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- All About Me books- encouraged each child to create a book about themselves and things they like.

