

SELF-AWARENESS

It is during toddlerhood that children gain self-awareness. They become interested in themselves and in what they can do and accomplish. This is related to being egocentric. Have the students form small groups and identify three games or activities that can be played with toddlers to help them gain and express self-awareness. (You may want to read the book, Sesame Street--I Can Do It Myself, to illustrate this point.)

Some sample activities:

NAME THE PARTS OF THE FACE: Place the toddler's hands on your face. Name each part of your face as the child feels it. Have the toddler name the parts.

MIRRORS: With the toddler on your lap, hold a mirror to reflect the toddler's face. Say, "Who is that? If the child won't answer, say, "That's you." Say the toddler's name.

DRESS UP: For children under three years of age, dressing up in old hats, purses, necklaces, and large flat shoes is very exciting. Play with the child and show them that you also want to dress up. Show them what to do and how to do it.

PRETEND: Have a pretend tea party with a toddler. Talk about different pretend food the same way you would talk about real food. If the toddler looks confused, say "How funny! We can pretend to have a party!"

A BOOK ABOUT ME: Photograph the toddler's daily activities. Place the pictures in a book, album, or in plastic bags that are fastened together with a string. Let the child look at the pictures and remember things he/she has experienced.