

All About Me Instruction sheet

This booklet can be done in one meeting or a combination of several meetings; whichever works for you. Simply print a set per child and have all material ready before the meeting, as it will take some time helping each child.

Cover Page: ask the child to choose a color. With a marker write at the bottom of the construction paper “this is my handprint”. Have paper plates with several different colors tempera on it. Help the child to carefully place the hand opened on the plate and get paint all over the bottom of the hand. Immediately, and carefully so paint doesn’t run all over the place, have the child do his/her handprint on the middle of the chosen construction paper. You can punch holes on the edge of all the pages at the end of the project and use ribbon or yarn to tie a bow and make the book. Or for a simple project just put all the pages together and staple on the edge.

Page 1: Introduction page. Simply help each child write their first name on the line. Something I’ve done in the past is pre-write each Childs name on the page with dots that they can trace. This way they feel they take ownership of the complete project. If the child already knows how to write his/her name then just allow them some time to do so.

Page 2: About Myself page. Have the child draw and color a picture/portrait about themselves. Then help them answer and write the answer to each question.

Page 3: About My Family page. Have the child draw a picture of his/her family inside the rectangle. Make sure he is part of the picture.

Page 4: My eyes page. For this page you will need a mirror and watercolors. Have each child look at themselves on the mirror and then color the eyes on the page the same color as their own. After coloring (or before, which ever works for you) have the child write down the color of their eyes on the line.

Page 5: My Hair page: For this page you will need several colors of yarn. You can cut in advance different lengths to save time. You may want to braid some ahead of time to help with the curly hair needs. As the previous page have the child look at himself/herself on the mirror and then choose the appropriate color and length for his/her hair. Then help the glue the yarn on the template.

Materials needed:

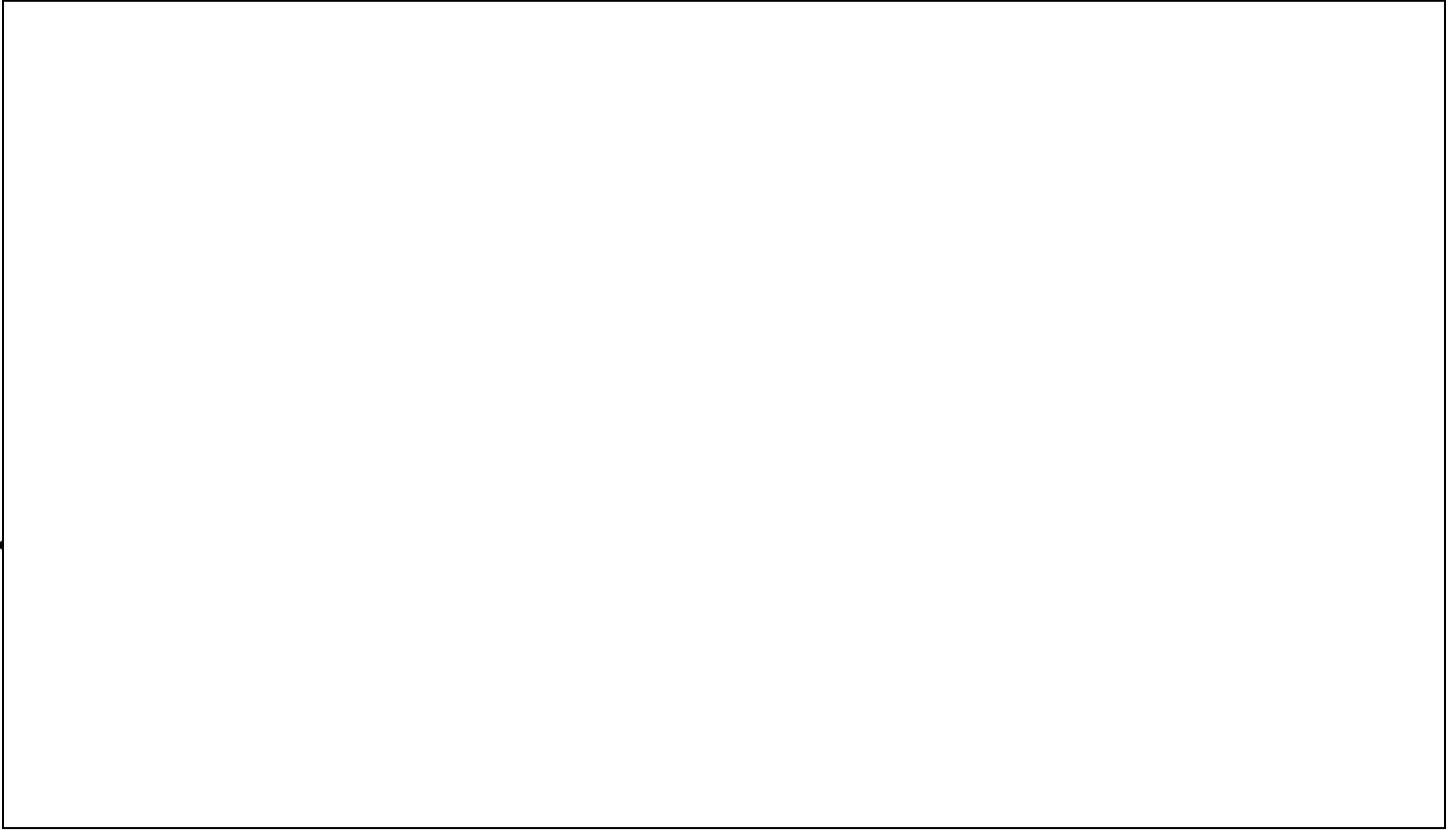
Printed set of worksheets (1 set per kid)
Mirror, crayons/marker/coloring pencils
Mirror
Yarn
Scissors
Glue
Construction paper (several colors)
Paper plate
Hole puncher
Staples/ribbons

All About Me



This book was written by

About Myself



This is my self portrait (This is how I look)

My name is: _____.

I am _____ years old.

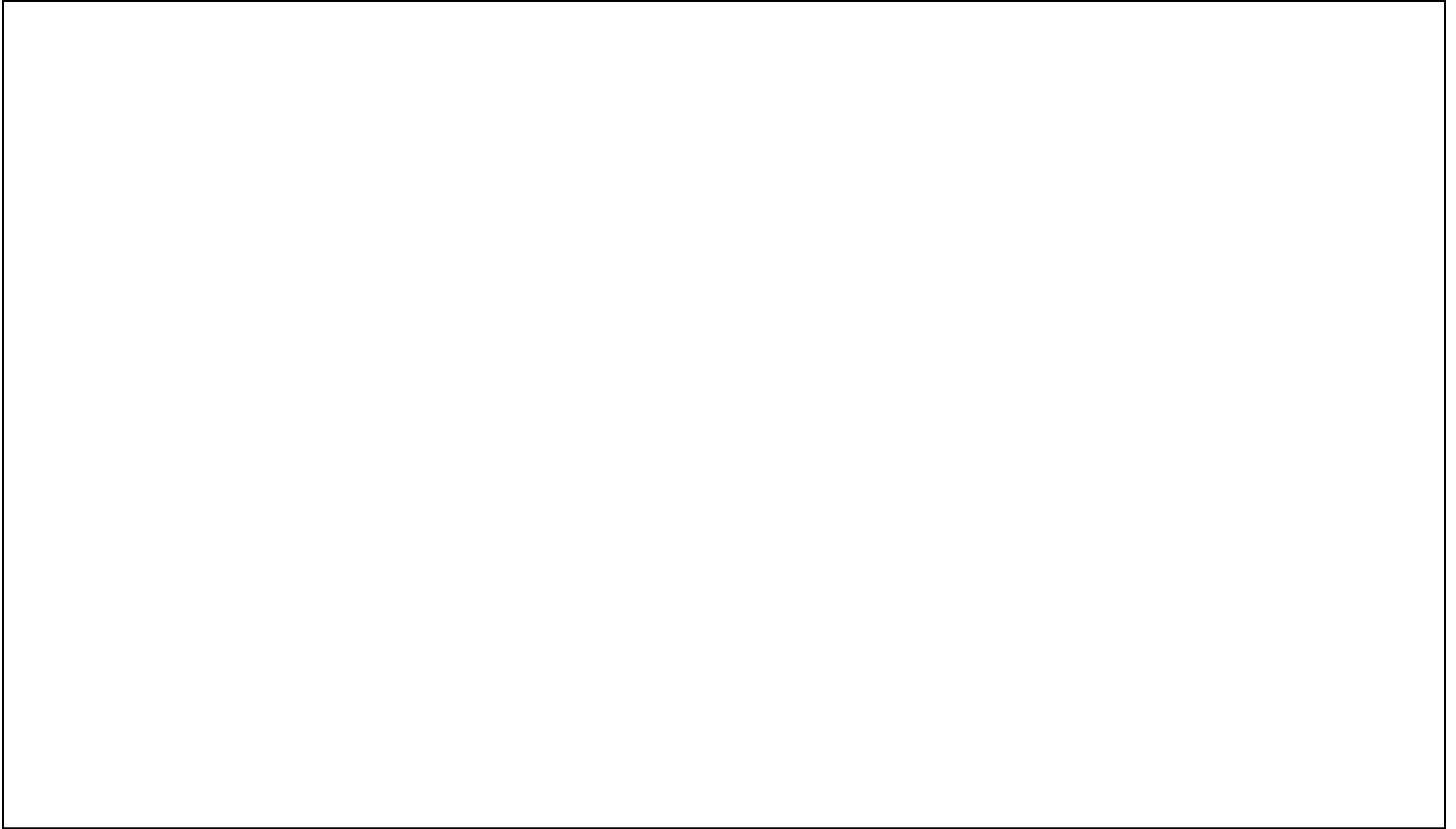
My favorite food is _____.

My best friend is _____.

My favorite color is _____.

I weight _____ pounds.

My Family



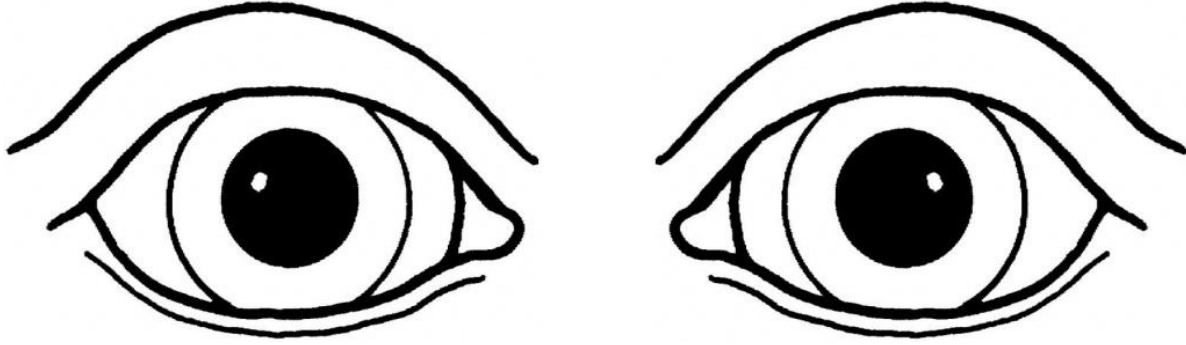
This is my family.

I live in a: _____ . (House/apartment)

I have _____ sister(s).

I have _____ brother(s).

My Eyes



The color of my eyes is _____.

My Hair

