



**QUALITY
START**
LOS ANGELES

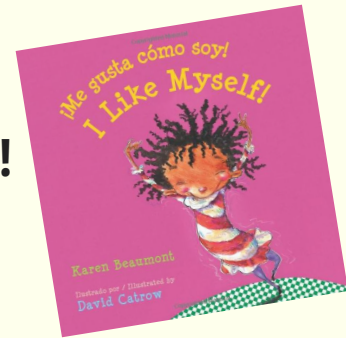
Building Self-Esteem

Building self-confidence helps our little ones become more resilient and independent. Check out this literacy and art activity to create a quality learning experience at home or in your early learning program.

Book Highlight

I Like Myself/¡Me gusta cómo soy!

By: Karen Beaumont



Activity Highlight

Drawing Self-Portraits

Materials:

- Paper plates or paper
- Crayons or colored pencils
- Mirror

Instructions:

Invite your child/children to look in the mirror. Then, ask them to draw their faces on paper plates or draw themselves in full on paper to create self-portraits.

Conversation Starters for Caregivers

While drawing or after reading, model self-esteem by talking about what you like about yourself and share what you like about your child:

What do you like about yourself?

What makes you happy?

What are you good at doing?

