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## I Look in the Mirror

(Use this rhyme while looking in a mirror.)

I look in the mirror  
And what do I see?  
I see a happy face  
Smiling at me.

I look in the mirror  
And what do I see?  
I see a sad face  
Frowning at me.

(Make up more verses for  
other facial expressions.)



## A Poem About Me

Write your child's name vertically (from top to bottom) on a sheet of paper. Use each letter as the first letter of a new sentence. This is called an *acrostic* poem.

Example:

**S**hort but sweet, that's me!  
**A**lways running around on two little feet.  
**R**ed hair, blue eyes, and a pink mouth.  
**A**sking questions about everything I see.  
**H**elps out the family by feeding the cat.



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## Five Senses Tour

Take a walk around the house while you use your five senses.

What do you see? Can you walk with your eyes closed?

What can you hear? Does it sound different when you put plastic cups over your ears?

What do you smell from the spice rack?

What can you feel that's bumpy or smooth?

Is there anything that you can taste in your kitchen?

## Gingerbread Kids

Use your favorite sugar cookie recipe or buy a roll of pre-made sugar cookie dough.

Let your child measure ingredients and use the rolling pin. Use a gingerbread boy shaped cutter. Decorate the cookies and talk about the body parts while you work.

## Make a Portrait

Have your child lie on a large sheet of paper and trace his or her outline. Draw in facial features and write the words of body parts. Hang up for child to see.



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