

Self-portraits



As children get to know their bodies and how they work, it's a great time to help them learn how to care for their bodies.

Encourage young children to explore and investigate the different parts of their head - the ears, eyes, nose and mouth - and talk about what these body parts do.

Method

Ask children to draw their face. Let children add features such as ears, eyes, nose and mouth by painting, drawing or sticking on other materials.

Materials

- ★ Paper plate for each child
- ★ Scissors
- ★ Glue and/or sticky-tape
- ★ Markers, crayons, pencils for drawing
- ★ Collage materials – paper, wool, etc

Talking points

- ★ **What do you do with your mouth?** (Repeat with nose, eyes, ears.)
- ★ **What can you see when you smile?** (Teeth, gums.) **What makes you smile?**
- ★ **Teeth have three important jobs - they help us eat, talk and smile.**
- ★ **Teeth are an important part of our bodies. There are lots of things we can do to look after our teeth, like brushing them in the morning and at night before bed, eating healthy foods and drinking tap water.**