

Dear Families/Caregivers,

Self-knowledge influences self-management, social awareness, relationship skills, and responsible decision-making.

We have been discussing that our likes and dislikes make us unique. Recognizing our own likes and dislikes and accepting the likes and dislikes of others is an important part of our development. While it is important to accept our likes and dislikes, it is also important to explore and develop new likes and dislikes. We are focused on identifying things that we like to do and learning that everybody likes to do different things.

Here are some activities to help your child things that he or she likes to do:

- At mealtime, present your child with a new food to try. Encourage him or her to try one bit before deciding whether he or she likes or dislikes the food.
- Encourage your child's interests by providing opportunities for further development. For example, if your child enjoys art, keep a box of art supplies readily available or if your child likes sports, sign him or her up on a community team.
- Give your child choices on things to do to help him or her discover personal preferences.
- Arrange a play date or get-together with other children who have common interests with your child (e.g. games, sports, art, music, nature, etc.)

Knowing what we like to do can help us overcome boredom and can build curiosity, creativity, and independence. It can also help us discover common interests with others which is important in building friendships.

Sincerely,

Your Child's Teacher