

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 important to 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 what makes us unique and special.

Here are some activities to help your child discover how he or she is unique:

- Show pictures and share your family culture and history with your child.
- Praise your child's strengths and uniqueness – tell him or her that you are proud of his or her choices and efforts.
- Have your child write down and draw a picture of a favorite thing (e.g. food, activity, object, TV character, etc.), and hang it up each day to share with the family.
- Make a video of your child talking about how he or she is unique and special – save it and watch again with your child when he or she is older.

Everyone is different and an important part of self-knowledge is accepting, embracing, and growing our own sense of self or own uniqueness.

Sincerely,

Your Child's Teacher