

Core Competencies – Positive Personal and Cultural Identity – I Like Myself

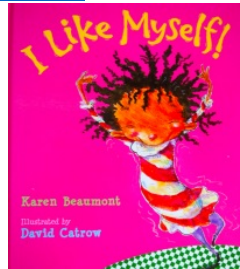
Curriculum: Core Competencies – Positive Personal and Cultural Identity	Learning Goals: -Student can identify individual characteristics -Student can describe and demonstrate pride in their positive qualities, characteristics, and/or skills
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Materials

- Book: I Like Myself by: Karen Beaumont
<https://www.youtube.com/watch?v=HVp8DtaWUVo>
- Blank paper
- Pencil
- Colouring materials (crayon/pencil crayon/markers)
- Loose parts

Activities

- Read: [I Like Myself by: Karen Beaumont](#)



- Ask: What is the author's message? Why is it important to like yourself?
- Liking yourself will help you create a positive self-identity and will help you with your confidence. A self-identity is the way a person views themselves and their role in the world.
- Use the below page to draw one part of yourself that you like (hair, eyes, skin, arms, etc.).

Extension:



- Cut construction paper into an oval or draw an oval on the paper. Gather loose parts from around your home (buttons, string, rocks, sticks, etc).
- Create a self-portrait using the loose parts you found around the home.

I Like Myself



**Draw something you like about yourself.
Explain why you like this part of you.**

I like _____ because _____

_____.