

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

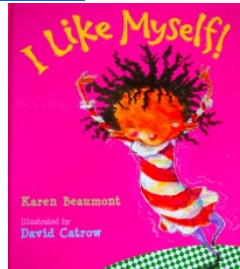
Curriculum: Core Competencies – Positive Personal and Cultural Identity	Learning Goals: -Student can identify individual characteristics -Student can describe and demonstrate pride in their positive qualities, characteristics, and/or skills
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Materials

- 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](#)



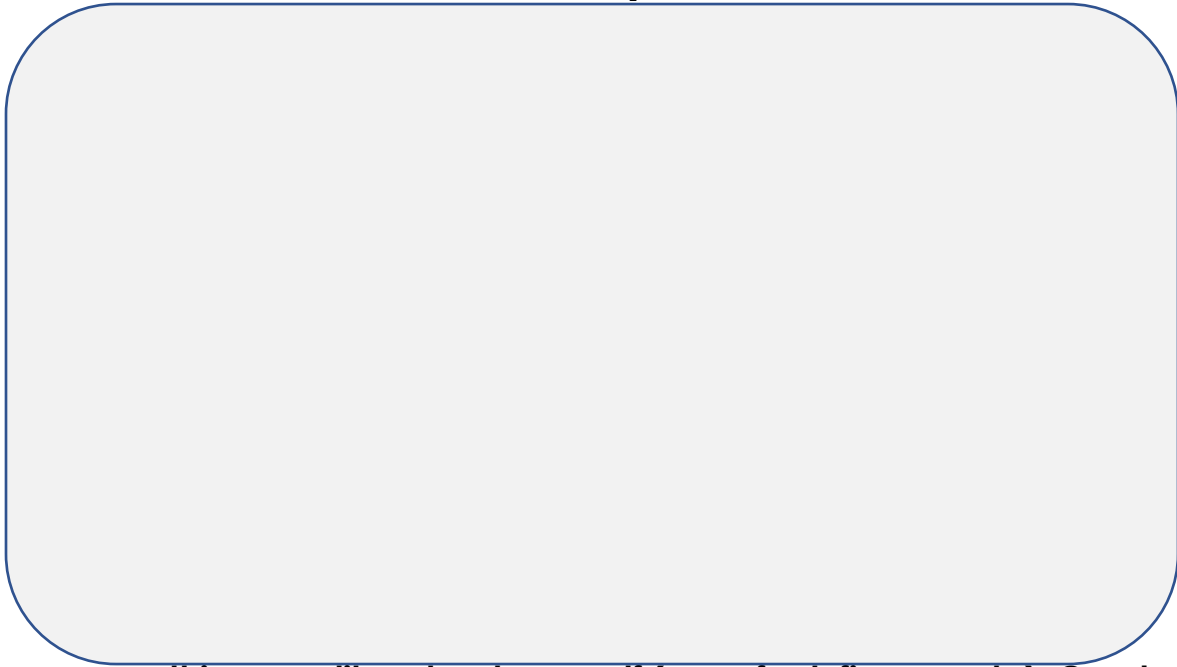
- Ask: What is the author's message? Why is it important to like yourself?
- Liking yourself will help you create a positive self-identity and will help you with your confidence. A self-identity is the way a person views themselves and their role in the world.
- Use the below page to draw one part of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

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 (ears, feet, fingers, etc). Create a poem inspired by the book. Use below template or create your own!

Lines 1 and 2: I like my ____ (something about you – eyes, ears, hair, etc).

Lines 3 & 4: I like me ____ (characteristic – loud, quiet, wild, etc.)

Line 5: I like me because ____ (something you are good at – I am a good soccer goalie, I am a great listener, I can sing beautifully, etc.)

I like my _____ . I like my _____ .

I like my _____ , _____ , and _____ .

I like me _____ . I like me _____ .

I like me _____ , _____ , and _____ .

I like me because _____ .