

# Self-Image and Self-Awareness: Group Activities

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As young children develop both physically and emotionally, it is important for adults to present opportunities to them for discussion and reflection upon their growth. The activities below suggest five creative ways to help foster a positive self-image and boost self-awareness. Baby Talk, The Birthday Chair, and Chronicle Growth Chart aid young children in their awareness of the process of growth. Music Pictures introduces a mode for self-expression. Dial-a-Parent integrates the family into the school environment. Children should enjoy the time spent devoted to studying themselves.

## DIAL-A-PARENT

### Objective:

- To integrate parents into their children's school lives and to give parents an insight into what comprises a school day
- To cycle parents into activities and allow them to share with the students in their completion

### Activity:

At the beginning of the year, send a questionnaire (sample below) home to the parents explaining that they would be most welcome to volunteer their time and abilities in your classroom. Keep a tally of the different activities volunteered for by your parents. If more than one person shows an interest in a certain area, use them both as it

often makes for even more excitement and enthusiasm. Also the "other" area often draws many unexpected responses from parents who have unusual skills and can open up challenging new areas of interest for your class.

Schedule these activity "mini-sessions" every week or two. Send a reminder note and schedule home to the parents. A personal phone call from the teacher or the secretary is always helpful for forgetful and busy parents.

Remember to try and have someone come for every child in your room. It is most important for them to feel that someone special is there in their room just because of them. If a parent can't come, perhaps a special substitute such as an aunt, grandmother, neighbor, or grown-up friend could attend. If there is a child who has absolutely no one to come, have the child ask the school secretary, principal, cook, bus driver, or librarian to be their special friend.

### Sample "Dial-A-Parent" Form:

NAME OF STUDENT \_\_\_\_\_

NAME OF PARENT OR SUBSTITUTE \_\_\_\_\_

Relationship to Student \_\_\_\_\_

Phone \_\_\_\_\_ Suitable Dates \_\_\_\_\_

Suitable Times of the Day \_\_\_\_\_

Activities parent (or substitute) would like to help with:

Knitting \_\_\_\_\_ Crocheting \_\_\_\_\_ Cooking \_\_\_\_\_

Stamps \_\_\_\_\_ Models \_\_\_\_\_ Tennis \_\_\_\_\_

Ballet \_\_\_\_\_ Karate \_\_\_\_\_ Coins \_\_\_\_\_

Crafts (list) \_\_\_\_\_

Other \_\_\_\_\_

Dear Parents: I appreciate your cooperation since it is important for students to have your input into their school life. If you cannot join us and know of no one who could come for your child, let me know and we will find someone here. Thank you for your interest and help.

Teacher \_\_\_\_\_

*These activities are from the book The Elementary Guidance Connection Charles C. Thomas, Springfield, IL.*