

Objective

By the end of this lesson, the student will be able to recognize themselves in a mirror and understand that they are a unique person. They will learn to identify their facial features and express their feelings about themselves.

Materials and Prep

- A mirror (any size is fine, even a handheld one)
- A comfortable space to sit and play
- Simple questions to guide the lesson

Before the lesson, make sure the mirror is clean and safe for the child to use. Prepare to engage the child with gentle questions and encourage them to express themselves.

Activities

- **Mirror Time**

Help the child look into the mirror. Ask them to point to different parts of their face, like their nose, eyes, and mouth. Encourage them to make funny faces and see how they look.

- **Facial Features Game**

Play a game where you ask the child to mimic different facial expressions (happy, sad, surprised). Then, let them see the expressions in the mirror. This helps them understand emotions and self-recognition.

- **Self-Portrait Drawing**

Encourage the child to draw their face on a piece of paper. They can use crayons to color their hair and eyes. Talk about the colors they are using and what makes them unique.

Talking Points

- "Look in the mirror! Who do you see?"
- "Can you point to your eyes? Great job!"
- "Let's make a happy face! Can you show me your happy face?"
- "What color is your hair? Let's find it in the mirror!"
- "You are special! No one else looks just like you!"
- "Let's draw a picture of you! What do you want to add?"