

caring hearts

Ages 3 and up



Self Portraits—Drawing

Drawing self-portraits by looking in the mirrors. For children to develop an understanding of their own emotions and feelings in a visible manner.

Learning benefit / skills developed

- Opportunities of self-awareness
- Develop verbal and non-verbal abilities to express emotions
- Making inner feelings visible
- Develop expressive language and dialogue
- Fosters fine motor skills
- Assist with the emergence of literacy and writing skills

What you'll need

- Lead and colour pencils
- Papers on clipboard
- Mirrors

Instructions

- Set up two sides of the table with an adjustable mirror, paper and pencils
- Join child in for drawing self-reflections

- Role model the child that you are drawing yourself by looking in the mirror; however, avoid to guide a child's decisions about their work
- Allow the child to draw his or herself autonomously
- After the drawing, engage in a discussion that how the child is feeling and doing in the picture
- Engage in active listening to promote expressive language
- Encourage the child to reflect on the reasons behind these feelings and to recommend possible solutions to avoid them.

Tips / follow up

At emotional times, encourage the child to draw a picture of him/herself to let other people know how they are feeling. By observing him/herself in the mirror, the child will be able to understand his/her own emotions in a visible manner. During the process of drawing, the child will get the opportunity to reflect on these feelings. By explaining the drawing, the child will develop skills to verbally articulate strong feelings.