

Look at What I Can Do!

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

Your child learns new things every day, and he may love to talk about what he can do. This activity will help him recognize his abilities while improving his conversational skills.

Materials

White paper; large piece of paper; markers; crayons

What You Do

1. Think of some skills that your child can do on his own, such as washing his hands, putting on his coat, and brushing his teeth. Initiate a conversation with your child and talk about the kinds of things he can do.
2. Make some observations and comment on some of the things you have seen him do independently. *I saw you put on your shoes before we went outside. You washed your hands before lunch.*
3. Invite your child to talk about other things that he can do. Write down the words *I can....* on a large piece of paper. As your child tells you what he can do, write down his words.
4. After your child has finished telling you what he can do, read his comments back to him. Support and appreciate each of his strengths.
5. Invite your child to draw pictures of the different things he can do. After he has drawn his pictures, ask him to tell you about what he has drawn. Write down his words near each picture.
6. Invite your child to display his picture somewhere in your home. If appropriate, encourage him to display it in a relevant area. For example, if his picture indicates that he can put on his coat, hang it near the door.