

## Elementary Activity

### **Me, Myself, and I**

*This activity let's your children use imagination and creativity to increase self-awareness through journaling and develop a vocabulary for describing themselves, their interests, and their preferences.*

1. Purchase or create a journal. A simple one with blank pages will provide your children with the most room for creativity. Encourage them to decorate the cover.
2. Look at the list of topics below. Choose topics that are of interest to your child and write one at the top of each page. Leave blank pages for the child to create his/her own topics and drawings. Set aside time each week to complete one topic.
  - If the child is preschool or early elementary, read the topic with the child. Older children should be encouraged to read the topics themselves and write words and draw pictures, if they want, in response.
  - Then encourage her or him to draw a picture, write simple sentences, or combine writing and drawing in response to the topic.
  - Don't worry about "product" with journals. If your child chooses to "scribble," simply discuss what it means to him or her. It is the process and the thinking and creativity that are important.
3. At the end of the year, talk with the children about what they have learned about themselves and how they have grown since they started their journals. If your children do journals in the future, bring out earlier ones and discuss how they have changed.

### **Possible Topics**

- My favorite season is...
- In the spring (summer, fall, or winter), I like to...
- My favorite food...
- My favorite Thanksgiving dinner is...
- My favorite holiday is...
- My family...
- My friends...
- I really like to...
- My favorite game is...
- I like to help...
- My neighborhood is...
- My favorite part of school is...
- My favorite book is...
- When I grow up...
- When I am mad...
- When I am happy...
- I am going to create my own bug. It looks like...
- When I visited the dentist (doctor)...
- When I hear the smoke detector...
- My favorite food is...
- I am nice when...
- If I were an astronaut...

Adapted from

*The Role of Parents in Their Child's Career Development*  
(Nebraska Career Information System)