

# My Sense of Who I Am



## ♥♥ What it Means for Me

I am aware of who I am, and I also know that I'm part of a bigger community. With you by my side, I am beginning to think about how we can make the world a better place.

The more that children are taught about who they are and where they come from, the more they learn to move with grace and confidence among a diversity of communities, and the closer we get to building a world of respect, curiosity, sharing, and humanity.

(Pulido-Tobiassen & Gonzalez-Mena, 1999)

Part of this learning calls us to reconnect with our natural world. Growing up playing outdoors reduces stress, improves physical and mental health, stimulates creativity, builds self-esteem, and encourages cooperation, collaboration, and self-regulation.

(Blanchard & Buchanan, 2011)

## Things I can do, or that I am starting to do, to the best of my abilities:

- I am learning about my culture and some of our traditions and celebrations
- I can share songs, rhymes, and stories from my culture with my friends
- I am learning about the importance of taking care of our land for our future
- I am interested in learning about the plants, animals, and insects where we live
- I can be helpful to my family, friends, and community
- I am learning that people have different ideas about the world and ways of celebrating, and that is okay



## Here are some things that help me grow:

- Spend time with me in various places within our community and beyond
- Show me how to plant and take care of a flower or vegetable garden
- Teach me how to recycle and compost
- Show me how to be kind, generous, and helpful to my family, friends, and community
- Give me choices and let me make some decisions that affect me
- Read books with me about children that are like me and that are different from me
- Share stories of this country and the histories of all people here
- Take me to museums and parks and other community places where we can learn more about local people, places, and history

