

C U R R I C U L U M



“All About Me” Book

Making a special “All About Me” book can be a fun project for the end or the beginning of the year.

Start with a photo or drawing of each child on the cover (you can take the photos or have children draw a picture of themselves). Fill in the book with lots of information. This could include birth date, age, nickname, physical characteristics (height, eye color, hair color), family, pets, friends, favorite foods, favorite songs, favorite activities, and so on. Use your creativity to think up topics that children and parents will love to read and remember.

Laminate the pages to make the book last longer. Or prepare your pages on regular paper, insert them in plastic page protectors, and then put the pages in a duotang or simply thread yarn through the holes to secure the pages.

Variation: If done at the end of the year, have each child and staff member do an “All About Me” page. Collect the pages, photocopy them, and then make a Head Start “All About Us” booklet for each child and staff to take home. You might want to include “My favorite memories of Head Start this year...” as one of the pages!

This project could work well in a centre-based or a home visiting program. It would be also be a fun activity for a parent or family night. Parents love having recorded memories of the stages of their children, but seldom have time to make them on their own.