

Professional Portfolio

Directions:

1. Include activities that **YOU** have planned and used in past lesson plans in your program.
2. Indicate the age group (**preschool setting: 3s, 4s, or 5s**) **OR (infant or toddler)** and list the intended goals, materials and processes/teaching strategies.
3. Discuss why it is developmentally appropriate for that age group.
4. It is best to include a Visual/Sample/Picture of your activity and place it in a plastic sheet cover.

⇒ Be sure to save this assignment to print off and include in your **Professional Portfolio**.

Make sure that you scroll down and complete all parts of this assignment.

RC II-6 Self-Concept	
Activity Looking at Your Reflection	Age Group - Young Infant - Mobile Infant - Toddler
Objective Describe a sense of self for infants and toddlers. Identify ways caregivers and families can support the sense of self.	
Materials Needed Full length mirror(s)	
Process and Teaching Strategies Sit in front of mirror and have the infant or toddler (if toddler wants to stand to look do so) sit on lap. Talk about their eyes and the color of their hair. Any facial expressions they are making. Talk about my eye color and hair and how my face looks when I make a similar look to theirs. Allow them to explore and touch the mirror too.	
How is this activity Developmentally Appropriate? This activity supports self-concept and movement. It gives children a chance to explore their features and learn about themselves. They also will be given time to bond with their caregiver with one-on-one time.	

