Who am I?

The activity encourages children to reflect on their self-image and to present themselves to others through images.

Learning outcomes

🎓 **Competencies**

Personal growth: self-esteem, self-respect, acceptance of oneself

Linguistic competences: expression and vocabulary from the field of personality traits

👥 **Target group**

→ 5 years and up

a group of up to 10 people

🔧 **Required materials**

Camera

Computer

Printer

Description of the activity (step by step)

Preparation:

Ask the children to talk about the ways they introduce themselves to new acquaintances. What information about themselves do they consider most important to share with others?

Implementation:

Assign the children to take ten photographs at home to present who they are, what they like, what they do not like, what environment they come from … They can take pictures of people, objects, activities, food, colors, buildings, landscapes, etc. Out of the ten photographs, the participants should choose the one they most identify with. Photos can be printed or sent to you electronically with the help of parents.

Reflection:

When reviewing the day's work, children first comment on their photo collections and then other participants' photographs. Children should also try to explain why they have chosen the photograph that they think best represents them.

Variations and additional ideas

You may create a collage out of the photographs that you have collected. Instead of using their cameras, children may turn to the media (e.g. magazines) to find the appropriate photographs.

Background information and didactical perspective

We understand self-image as a set of relationships that we establish with ourselves consciously or unconsciously. Self-image designates everything we think about ourselves, our body, our traits, abilities, desires, fears, etc. The development of self-image is continuous and is characteristic of each developmental period where the key condition is the child's knowledge of himself or herself as an independent person that is different from the others. The development of a positive or negative self-image depends on how the child's achievements in various life tasks are evaluated. It is right because self-image is a subjective perception of personality that excludes personality as an objective phenomenon. The opposite is not true, however, since personality also encompasses self-image.