TIEMPO TRANQUILO

Me Masterpiece

Learning Overview

In this activity, children will create a self-portrait while developing a positive self-image through a collage of pictures that represent what makes them unique. Families will also discuss the importance of self-love.

Materials

- Stickers, pom-poms, and other decorative materials
- Construction Paper
- Magazines
- Pencils, crayons, and markers
- Double-sided tape and glue
- Scissors



Step-by-Step Instructions

1. A collage is like making a big, colorful puzzle, but instead of using puzzle pieces, we can use different types of paper and pictures of things we like to tell a story.

2. Talk with your child about the importance of self-love. For example, you may want to emphasize what makes them unique, their talents, and let them brainstorm a few affirmations.

3. Imagine and plan how you will draw your self-portrait. Be creative by cutting the construction paper or magazines into physical attributes like your hair or glasses.

4. Surround your self-portrait drawing with other drawings and images of things you love to make it uniquely yours!



Tranquilo Talk

As you work on the activity, ask your child questions like these:

- “What do you think self-love means? What are some things you love about yourself?”
- “What are some hobbies that you want to include in your collage?”
- "What are some characteristics you want to include on your self-portrait to make it look like you?”

Tiempo Tranquilo Podcast

Tiempo Tranquilo is an immersive mindfulness podcast for children ages 4-8. Each episode will guide young listeners through the big feelings of life through storytelling and guided breathing exercises.

Available in Spanish and English and wherever you listen to podcasts.

The Ready To Learn Initiative