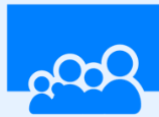


All about me

Teachers and families: the early childhood and primary school curricula focus on helping children learn about their bodies and themselves.

You can encourage young children to learn about and celebrate themselves while playing, or watching educational shows like *Sesame Street* together.



Watch together

While you're watching *Sesame Street* or other educational content together build on what children are noticing and make connections to them and their experiences.

We are all special

- Highlight similarities and differences between characters and children.
- Emphasize that our similarities and differences make us all unique and special, and that everyone deserves respect.
- Encourage children to draw and write about what makes them special.

Learn something new

- Just like Elmo learns about new things in *Elmo's World*, children can suggest something new they'd like to learn about.
- Encourage them to choose a new hobby, food or interest to explore together.



Play and learn together

Sing songs like "Head, Shoulders, Knees and Toes" together

- For infants, toddlers, and pre-schoolers, change the lyrics together to introduce less familiar body parts like elbows, shins and cheeks.
- When singing with primary school children, change the order and let them lead as you sing more than one verse.
- Add lyrics to describe body parts or personal attributes such as "My head has my brain inside, brain inside."

More ways to play

- Plan, make and eat healthy foods together. Even infants can help you to stir or strengthen their fingers as they roll dumplings or smash bananas.
- Make simple dolls together by filling and drawing on socks. Have fun role playing how to take care of the dolls and follow children's lead as they play.



Talk together

While you're playing and talking together, ask questions like:

- What is special or unique about you?
- What do you want others to know about you?
- What do you like to do for fun? Why do you like to ____?
- What could you ask someone if you wanted to learn more about them?



Links to find out more together

Local resources

- ✓ The children's book [I Have Feelings](http://bit.ly/ihavefeelings) (<http://bit.ly/ihavefeelings>)
- ✓ [The Ministry of Education and Youth's Game-Based & Interactive Learning Activities for Early Years](#)
- ✓ [Curricular resources](#) like the Resource Book and curriculum guides from the Early Childhood Commission
- ✓ [The STEP Centre YouTube channel](#) – Jamaican videos and activities for children with severe and multiple disabilities

Other resources

- ✓ [Understood](https://www.understood.org/), a website to support those who "learn and think differently"
<https://www.understood.org/>



Links to Sesame Street content

Here are some related songs on YouTube that you can sing together:

- ✓ ["Sesame Street: Will.i.am Sings What I Am"](#)
- ✓ ["Sesame Street: Song – I Love My Hair"](#)
- ✓ ["Sesame Street: Change the World Song | Lyric Video"](#)
- ✓ ["Sesame Street: Believe in Yourself Song \(Michael Bubl  & Elmo\)"](#)
- ✓ ["Sesame Street: You've got a Body \(with Ne-Yo\)"](#)
- ✓ ["Sesame Street: A Song About Celebrating You!"](#)

Visit [Sesame Workshop](#)

for many more related activities, printables and video-based suggestions like:

- ✓ ["Eating Well"](#)
- ✓ ["Healthy Minds and Bodies"](#)
- ✓ ["Health and Hygiene"](#)

to play online games like:

- ✓ ["Big Bird's Bedtime"](#)