



Everyone is Big Enough



Children may sometimes feel overwhelmed by the size of everyday things: A table can seem huge to a child who can walk under it, and silverware and plates must seem twice the size they do to us. I like to reassure small children that small things are very important in life. A small paintbrush can handle corners that a large one can't. A small pan or spoon is just as important in the kitchen as a big one. Children need to be reminded that even though they are small, there are lots of things they can do particularly well. - Fred Rogers

Learning Goals Children are working on:

- Self acceptance
- Self Competence
- Thinking skills
- Listening & speaking

Materials:

none

Directions:

You can introduce this activity to the children by telling them that “Today, we’re going to think and talk about some things that children can do more easily than bigger people can do.”

“You are smaller than grown-ups. What do you think you can do that grown-up might have a harder time doing?” Here are some examples:

- Turn a somersault
- Sit under a table or chair
- Ride a tricycle
- Go from standing to sitting on the floor
- Make the things they play with something different every single day.

Encourage the children to brainstorm ideas. Have them think about the grownups in their lives. What can't they do because they are big? What can children do because they are smaller in size?

Next, ask the children what they wish they could do when they grow bigger. Here are some examples:

- Use a real lawnmower
- Drive a real car, a motorcycle, or a dump truck
- Stand on a tall ladder and paint a ceiling

Closing comments: Everyone can help in some way, no matter how big or small they are.



Strategy Song: Everyone is big enough to do something.

