



## Feeling Special



*This is a fun way for children to identify, share with others, and feel proud of the things they do well. It also helps children understand and accept individual differences.*

### Learning Goals Children are working on:

- Sense of Identity
- Sense of Competence
- Self Expression
- Turn taking

### Materials:

- None

### Directions:

- You might begin this activity by pointing out that every person is special and can do something well.
- Encourage children to tell you about several things *they think they do well*.
- They might think of things like:
  - Sharing;
  - Running, hopping, going up and down steps, riding a trike
  - Zipping a jacket, tying shoes, or putting on a coat;
  - Building with blocks, bouncing a ball;
  - Comforting others; being a big brother or sister;
  - Singing a song, painting a picture, or dancing.
- If a child has difficulty coming up with an answer, you can always point out an accomplishment or personal characteristic.
- Ask individual children to demonstrate a skill they've mentioned.
- During the remainder of the day and week, call attention to times when children are demonstrating the skills *they said* they do well.



*Strategy Song: I like you just the way you are.*

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