

“Who’s That?!”

Subject:

Self-awareness and recognition.

Focus:

Recognizing oneself in a mirror.

Overview:

Around 15 to 21 months of age, children begin to recognize themselves in the mirror. This is a special time of development and discovery, and the experience can be enriched in specific ways.

Purpose:

To help infants/toddlers become aware of themselves in the mirror. This is an important milestone related to the expression of emotions and general self-awareness.

Objectives:

- Assist with obtaining self-recognition.
- Assist with obtaining general self-awareness.
- Advance cognitive development and, in turn, emotional and social development.
- Assist with obtaining emotional expression.

Resource Materials:

- Several mirrors.
- Red lipstick.
- A visually interesting hat.

Activities and Procedures:

1. Stand the mirror(s) on the floor at the child’s eye level in a strategic place(s).
2. When the child notices a mirror, put some lipstick on the child’s nose.
3. See if the child touches his or her own nose or the nose in the mirror.
4. Let the child explore and experience the situation, giving the child time to notice the lipstick on the mirror image.
5. If the child still doesn’t seem to notice anything, repeat the same steps with the visually interesting hat.

Tying It All Together:

This is a fun and interesting activity for both the child and the teacher. You might want to get the parents involved by suggesting ways they could do the activity at home. With infants/toddlers who don’t react to their mirror image, you may want to repeat the activity after a few weeks. Eventually, the child’s development combined with the repeated experience will allow the child to recognize that it is him- or herself in the mirror.

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