

Lesson Plan:

“Do I Know Who I Am?”

Subject:

General realization you are separate from others and are your own person.

Focus:

Recognizing oneself in the mirror.

Overview:

Around 15 to 21 months of age, children begin to recognize themselves in the mirror. This new awareness comes about because of cognitive advances. This new awareness also marks basic observation and evaluative skills.

Purpose:

To help infants/toddlers become aware of themselves in the mirror. This represents cognitive and evaluative advances in addition to social and emotional advances.

Objectives:

1. Assist with obtaining self-recognition.
2. Assist with obtaining general self-awareness.
3. Advance cognitive development and, in turn, social and emotional development.
4. Advance basic observation and evaluative skills.

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 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. Verbally ask the child questions such as “Who is that?” and “Where is that red nose?”
6. 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. 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 facilitate skill development. Although elements of emotional and social development are present in this activity, basic observation and evaluation skills are also present. Remember that all the domains of children's development are inter-related, especially at this young age.

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