Zuri has wonderful hair that can be styled all sorts of ways, but she needs it to be just perfect for a special day. Her dad has a few ideas that don’t go so well. Then, with the help of the internet, he gets it just right and just in time.

Did you know?
When children are aware of their own thoughts and feelings, they are better able to communicate their needs and ideas to other people. A strong sense of self gives children confidence in their ability to acquire new knowledge and skills, which builds enthusiasm and motivation for learning.

Talk about it!
- Zuri appreciates her hair. What is something you like about yourself?
- Why doesn’t Zuri want to wake her dad?
- How does Zuri tell her dad that she doesn’t like some of the hairstyles?

Play: (activity with no materials)
Children start building a sense of self with concrete examples of what they can do. Take turns talking about all the great things our bodies can do. Start by pointing to a body part and then describe what it does that is so helpful. For example, you can point to your legs and say, “My legs are strong, they help me jump high.” Then, point to your feet and say, “My feet are strong! They help me walk and stand all day.”
Create!

Create paper characters and different outfits for them. As children play with the paper characters, they will naturally act out different emotions and feelings.

**Materials needed:**
- paper character template
- crayons or markers
- glue stick
- craft supplies (pom poms, stickers, ribbons, etc.)
- child safety scissors

1. Gather any craft supplies and coloring materials you will use to decorate the paper characters.

2. Talk to your child about what sort of character they would like to create. It can be a superhero, a best friend, a favorite character from a book or show, anything they want.

3. Let your child use craft/coloring supplies to decorate several paper characters. Use scissors to cut out the characters.

4. If you want to create more characters, you can use a marker or a crayon to trace around a cut-out character on white paper.

5. Play and let your child’s imagination run wild! To help your child get started, you can ask them questions about their characters: What are their names? What are they good at? What is difficult for them?