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Group production by: Berlin Cosmopolitan School Kindergarten & Preschool (Berlin),
ICEC (Helsinki), Universidad Camilo José Cela (Madrid), Pikler-Ház (Budapest)

This Is Me

Transitioning to our Kindergarten

Group production by:

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HOW TO USE THIS MATERIAL: ME BOOKS

Dear Families,

Here is a little assignment for you and even your child as you prepare for coming to kindergarten. This is also a great way to create a connection between home and school, which is a very important part of being part of a kindergarten. Below, you will find the questions for your child's age. You (and your child if they are old enough) can put in pictures of the child/family, photos, drawings, images from magazines, whatever is relevant to the questions asked to make this book unique to them. We also ask that you decorate the front of the book with your child's picture and name so that they can easily pick this book out in the classroom as their own. Please keep in mind that this book will possibly be used daily in your child's classroom, so please glue or paste in the materials as well as possible. In moving forward to make this book for or with your child, you may include your child in the following ways:

1. Ask if they'd like to help pick out the pictures to put into the book.
2. Ask if they can help use a glue stick, add glue to the back of the images and to help you smooth them down on the pages.
3. Ask for their input and write down what they say for the book. There are many ways they can be included. They can be asked, "What do you like to play with?" as well as "Will you help me take pictures of this toy?"
4. Be sure to keep any objects that could be unsafe away from the child's reach or if old enough, work with them to cut with child friendly scissors, etc.

This book should be fun for you and your child. If your child is three or above, feel free to encourage them to draw, take pictures and be involved as much as possible in making this book something they are excited to bring to kindergarten and share with us! Please let us know if you have any questions about the questions or activities involved in this book!

Age 1



This is me:

**This is my
family:**





These are **people I
spend a lot of time with:**



These are **foods**
I like to eat:

**These are things
I play with:**





This is my home:

Age 2



This is me:

**This is my
family:**





These are **foods
I like to eat:**



**This is what I like to
sing/read/listen to:**

**This is what I like
to play with:**



These are my memories
from the Summer:





These are **animals**
I am interested in:



These are **other things
I am interested in:**

This is my room:



Age 3



This is me:

**This is my
family:**





These are words

I like to say:



**This is what I like to
sing/read/listen to:**

These are **animals**
I am interested in:

A large, empty rectangular box with a dashed blue border, intended for drawing or writing. The box is centered on the page and occupies most of the lower half of the image.

**This is what I do
with my family:**

A large, empty rectangular box with a dashed blue border, intended for drawing or writing. The box is positioned below the text and occupies the lower half of the page.



**This is what I wear in
the rain/in the sun:**



This is an **activity that
I engage in often:**

This is how I draw:



Age 4



This is me:

**This is my
family:**





This is what I like to
sing/read/listen to:

These are things
I am interested in:

A large, empty rectangular box with a dashed blue border, intended for the user to write their interests.



**This is what I do
with my family:**



**This is what I
like to eat:**

**This is how I love
to spend my **time**:**



These are my memories
from the Summer:





**This is the season
my **birthday** is in:**

This is how I draw:



Age 5



This is me:

**This is my
family:**



A large, empty rectangular box with a dashed blue border, occupying the upper half of the page. It is designed for a user to write their interests.

My interests are:



**This is what I like to
do in the **Autumn**:**

**This is what I like
to do in the **Winter**:**

A large, empty rectangular box with a dashed blue border, intended for writing a response to the prompt above. The box is centered on the page and occupies most of the lower half of the image.

**This is what I like to do
in the **Spring/Summer:****

A large, empty rectangular box with a dashed blue border, intended for the user to write their preferences for Spring/Summer activities.



This is how I draw:

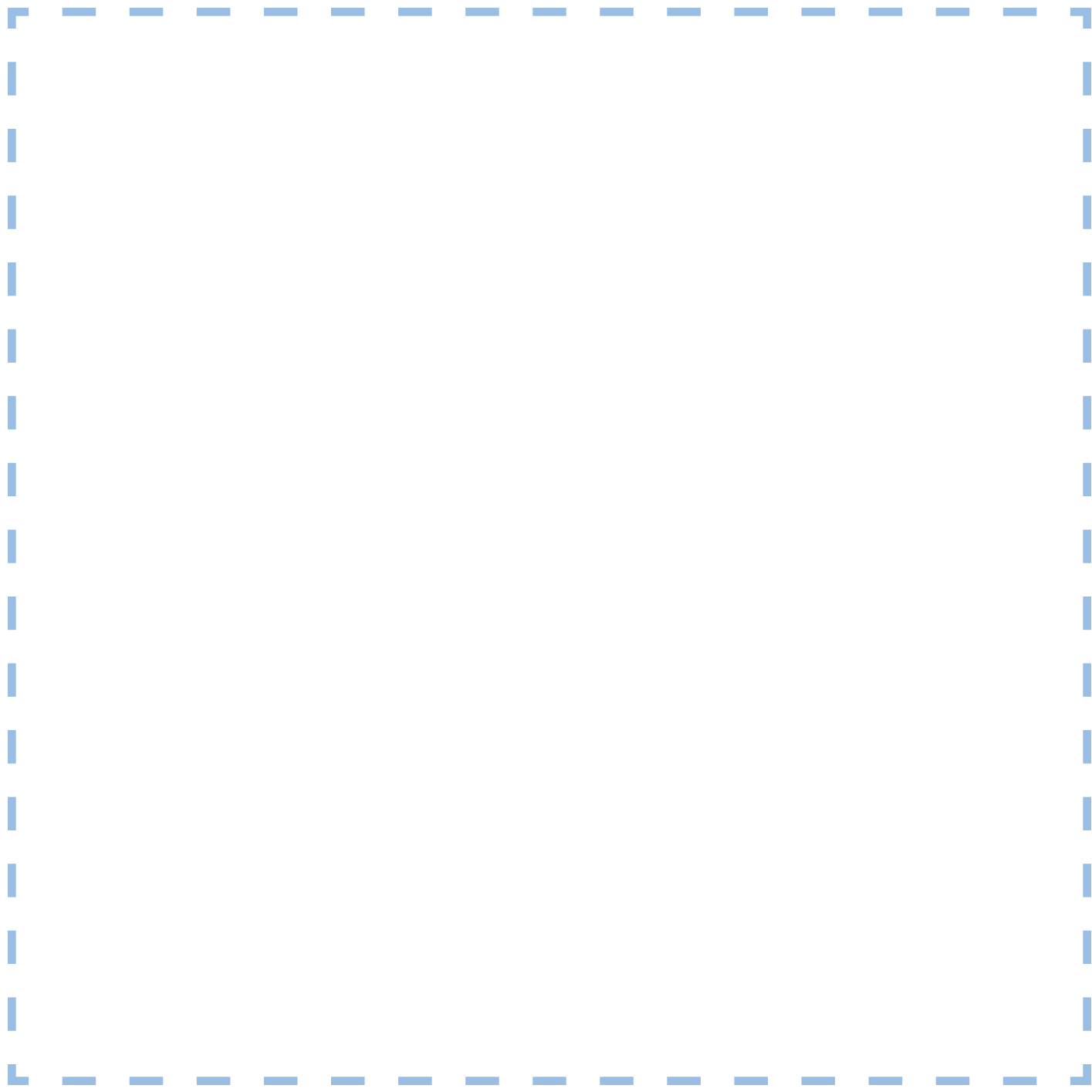


**This is what I do
with my **family**:**

When I grow up
I want to:

A large, empty rectangular box with a dashed blue border, intended for a child to write their answer to the question above.

**Here is something
else I would like you
to know **about me:****





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Children need healthy environments in which to grow, develop, play and learn. Their environments are complex and ever-changing.

The adult can be a role model, providing children with appropriate, healthy options and behaviour in all aspects of life.

This way, educators and families are helping children develop into confident, independent people who have a strong sense of self-efficacy, empathy and are internationally minded.

