

I Am Proud of Myself and My Sibling

Art Materials: 2 pieces of drawing paper
Colored pencils, crayons, and/or markers

Purpose

This activity is designed to help your older child identify reasons why they are proud of themselves, followed by reasons they are proud of their baby sibling. The hope of this activity is to help your older child develop a positive self-concept while also encouraging positive regard for their sibling.

Directions

Part 1:

1. With your older child, take out one sheet of blank paper. In the center of paper, write the sentence, “[OLDER CHILD NAME] is proud of [HERSELF/HIMSELF] because...”
Example: *Taylor is proud of herself because...*
2. Ask your older child what about themselves they are proud of and begin transcribing what they say all around the page. Some examples: she brushes her teeth, he is a good friend at school, she knows two languages, he puts away his toys before bedtime: it could be anything!
3. When you get to a good stopping point, read aloud to your older child what you wrote down. (Young children love hearing their words read aloud by adults!)

Part 2:

4. Next take out the second sheet of paper. In the center of the paper, write the sentence, “[OLDER CHILD NAME] is proud of [BABY SIBLING NAME] because...” Example: *Taylor is proud of Dina because...*
5. Ask your older child what about their sibling they are proud of. They may need some guidance from you on what to say. Alternatively, your older child may say descriptive things like, “she is small,” or creative things like, “Baby knows how to do a lot for a baby.” Again, it really does not matter what they say, so long as you agree that you are proud of them for it too.
6. When you reach a stopping point, read aloud to the older child what was written down.
7. When finished, give your older child lots of praise for doing this activity with you - make sure you also let them know some things you are proud of them for! Post these drawings on your fridge or somewhere you and your older child can revisit from time to time.

Considerations

1. Your older child may not know what the word *proud* means. Feel free to describe the feeling in a language that they would understand. Alternatively, you can replace the word “proud” with “likes.” Example: *Charlie likes himself because... Charlies likes Julia because...*
2. If your child has the wiggles, do not force them to complete all of this activity! Take a movement break and/or do this activity in small parts.
3. If your older child only seems to want *you* to think of things to write down, this is a sign that they are likely uninterested in the activity at the moment. Try again later.