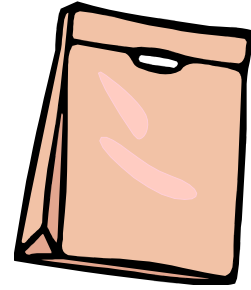


Elementary Activity

“Me” Bag

This activity will help your children increase self-awareness and their awareness of others and learn a vocabulary for describing self and others.



1. Have each family member create a “Me” bag using a paper bag. Encourage them to decorate the bag.
2. Have each person put words or phrases and at least three items in the bag. You could use old magazines or newspapers to cut out words or letters and pictures.
 - What words describe you?
 - What items tell something about you? Your favorites? Your likes? Your activities?
3. Set sharing time(s). Have family members share the contents of their bags and tell about the words and the items. Have other family members add information about the person related to the words and items.
4. Keep the “Me” bag and repeat the activity as your children mature. Talk about how items and words and phrases have changed.

Options:

- This is an activity that could include grandparents or other individuals important in your children’s life.
- Have family members create bags for another family member and share the contents of bag as a way to describe the other person.

Adapted from
The Role of Parents in Their Child’s Career Development
(Nebraska Career Information System)