

Dear Family,

In my class today, I made an expressive self-portrait.

Did You Know?

- Children have many kinds of feelings. They do not always have the words to talk about the way they feel. Parents can help children understand their emotions. Giving names to a child's feelings helps them to understand the way they are feeling. Children also need to talk about how they are feeling. Using a picture book, like *Glad Monster, Sad Monster* by Ed Emberley and Anne Miranda, is a good way to start this talk. Many children do not know how to deal with some of their feelings. Parents can help by teaching their children some ways to let out their emotions.
- A self-portrait is an artist's image of him- or herself. Self-portraits can be paintings, drawings, or sculptures. Sculptures can be made from clay, wood, stone, or other things. Many sculptures show emotions. Children were asked to show an emotion in their self-portrait.

Ask Your Child:

- What did you use to make your self-portrait?
- Describe how you worked the clay.
- Explain the expression in your self-portrait.

Activities To Do With Your Child:

- Discuss expressions with your child. Make silly faces together, and name the emotions you are imitating. Help your child to make a list or draw pictures of things that make him or her happy, and send it to school to share with the class.
- Explore artwork you see when you are out together. Discuss the textures and expressions you see in the pieces. Talk about the size of the pieces; are they life-size, bigger, or smaller?

Vocabulary To Use With Your Child:

- **expression** – the way someone's face looks at a particular moment that shows how he or she feels.
- **emotion** – a strong feeling, such as love, sadness, or fear.
- **self-portrait** – a descriptive representation of oneself, especially a painting.
- **sculpture** – the art of making statues by carving, chiseling, or molding.
- **clay** – a kind of wet earth that becomes hard when heated. Clay is used to make bricks, pots, and other things.
- **knead** – to mix by pressing, folding, and pulling.