



*Dear Family,*

**In my class today** we learned about our bodies and made life-sized portraits.

**Did You Know?**

- Each person is special and no one is exactly alike. Some things about us are similar, but not exactly the same. Most of us have a face with two eyes, two ears, a nose, mouth, hair, and chin. Even though most of us have a face with the same features, the combination of features makes up our appearance and causes us to look different from each other. We are not all the same height and weight. The average 4 year old weighs about 40 pounds and is about 40 inches tall. Not everyone has the same eye, hair, or skin color either. These are some of the things that make each of us unique.
- The skeleton (bones) and muscles give the body its shape. Our body contains more than 206 bones. Muscles are made of bundles of long fibers and move the body like strings move a puppet. There are more than 600 muscles in the body. Muscles also help hold organs in place. Our bones and muscles are covered by our skin. The skin is the thick and strong cover for the body.

**Ask Your Child:**

- What did you use to make your portrait?
- Tell me about the different parts of the body.
- How are we all alike? How are we different?

**Activities To Do With Your Child:**

- Have your child describe what she or he sees when looking in a mirror.
- Discuss how you are similar and different from each other.
- Have your child compare herself or himself to siblings or family members. Ask your child to describe what is the same and different.
- Look at family pictures and discuss who looks the most alike.

**Vocabulary To Use With Your Child:** similar, different, feature, trace, eyelashes, portrait