

## 'All About Me - I am Special'

**We are all different. We are all special.**  
**Can you answer the questions below about yourself?**

|   |   |
|---|---|
| <p><i>My Name is</i></p>                       | <p><i>I am ___ years old</i></p>                |
| <p><i>My Eyes are (colour)</i></p>             | <p><i>My Hair is (colour)</i></p>               |
| <p><i>My favourite Colour is</i></p>         | <p><i>My favourite Animal is</i></p>          |
| <p><i>My favourite Pastime/Sport is</i></p>  | <p><i>My favourite T.V. Programme is</i></p>  |

### Activities
















- ✚ Draw a picture of yourself doing the Pastime/Sport that you like to do.
- ✚ Fingerprints are unique to each individual no two people have the same fingerprint. Make a fingerprint with your Mam or Dad.
- ✚ Check that the paint is for children's art is labelled non-toxic and is washable. Press your index finger coated in paint on the sheet of paper to create a colourful fingerprint.

## The Five Senses - Sight, Hearing, Touch, Taste and Smell

*We become aware of our immediate world through the Senses.*

| Sight   | Hearing   | Taste   | Touch  | Smell   |
|---|---|---|--|---|
|  |  |  |  |  |
| Eyes  | Ears  | Mouth   | Hands  | Nose  |

*Can you match each of the Pictures below with one of the Five Senses.*

|   |   |   |
|---|---|---|
| <br>Rose         | <br>Feather  | <br>Pizza        |
| <br>Bell       | <br>Sun    | <br>Perfume    |
| <br>Teddy Bear | <br>Banana | <br>Whistle    |
| <br>Stars      | <br>Skunk  | <br>Woolly Hat |
| <br>Strawberry | <br>Guitar | <br>Moon       |

## Healthy Foods

**Food is needed for Growth and Development.**













**Food promotes Energy for Work and Play.**

**Food helps to protect against Illness.**

**Always wash your hands before handling food.**

**Look at the pictures below can you sort the Food Pictures into the four Food Groups – Fruit, Vegetables, Bread and Grains and Dairy.**

**What are your favourite foods from the list below?**

|   |  |   |  |
|---|--|---|--|
| <br><i>Cheese</i>    | <br><i>Bread</i>    | <br><i>Broccoli</i> | <br><i>Strawberries</i> |
| <br><i>Apple</i>   | <br><i>Peas</i>   | <br><i>Rice</i>   | <br><i>Yogurt</i>     |
| <br><i>Carrots</i> | <br><i>Banana</i> | <br><i>Milk</i>   | <br><i>Pasta</i>      |

### Activity

-  Draw some of your favourite foods.
-  Write a sentence or two about your favourite foods.