













Self & Cultural Understanding

The VLS Core Content was designed to align across tracks which means a significant portion of each track's content is relevant for all direct care staff. This document identifies unique age-specific content, activities, and resources by lesson and can be used as a guide for review material if a staff member moves to care for a new age-group. For example, direct care staff who move from an infant and toddler to a preschool classroom should consult the Preschool track to be aware of age-specific material that resides in that track. Use this document as a guide and remember to work with your trainer to help identify content areas in the VLS where you may need extra review and support to be knowledgeable about best practices for all children in your care.

LESSON 1

Infants & Toddlers Sense Of Self: An Introduction	Preschool Sense Of Self: An Introduction	School Age Sense Of Self: An Introduction
<p style="text-align: center;"> KNOW</p> <ol style="list-style-type: none"> Section: <i>Sense of Self for Infants and Toddlers</i> <p style="text-align: center;"> SEE</p> <ol style="list-style-type: none"> Video: <i>Infants & Toddlers: An Introduction To Self</i> <p style="text-align: center;"> DO</p> <ol style="list-style-type: none"> Section: Entire <i>Do</i> section and bulleted list <p style="text-align: center;"> APPLY</p> <ol style="list-style-type: none"> Attachment: <i>CSEFEL Building Positive Relationships</i> (same as PS) Attachment: <i>CSEFEL Expressing Warmth and Affection to Children</i> (same as PS) 	<p style="text-align: center;"> KNOW</p> <ol style="list-style-type: none"> Section: <i>What is Self-Concept?</i> (same as SA) Section: <i>What does a Sense of Self Mean for Preschoolers?</i> <p style="text-align: center;"> SEE</p> <ol style="list-style-type: none"> Video: <i>Sense of Self: An Introduction</i> (same as SA) Video: <i>Maintaining Healthy Classrooms</i> <p style="text-align: center;"> DO</p> <ol style="list-style-type: none"> Section: Entire <i>Do</i> section and bulleted list <p style="text-align: center;"> APPLY</p> <ol style="list-style-type: none"> Attachment: <i>CSEFEL Building Positive Relationships</i> (same as IT) Attachment: <i>CSEFEL Expressing Warmth and Affection to Children</i> (same as IT) 	<p style="text-align: center;"> KNOW</p> <ol style="list-style-type: none"> Section: <i>What is Self-Concept?</i> (same as PS) Section: <i>What Does a Sense of Self Mean for School-Age Children?</i> <p style="text-align: center;"> SEE</p> <ol style="list-style-type: none"> Video: <i>Sense of Self: An Introduction</i> (same as SA) Video: <i>Developing a Sense of Self</i> <p style="text-align: center;"> DO</p> <ol style="list-style-type: none"> Section: Entire <i>Do</i> section and bulleted list <p style="text-align: center;"> APPLY</p> <ol style="list-style-type: none"> Attachment: <i>Defining your Sense of Self</i>

LESSON 2

Infants & Toddlers

Promoting A Sense Of Self: Infants and Toddlers



1. **Section:** *Sense of Self – Infants and Toddlers*
2. **Section:** *Remembering the Brain*
3. **Video:** *In Brief: The Science of Neglect* (same as PS)



4. **Video:** *Supporting A Sense of Self: Diverse Learners And Families*
5. **Video:** *Supporting A Sense of Self: Mirrors*



6. **Section:** Entire *Do* section and bulleted list



7. **Attachment:** *Reflecting on Irreducible Needs Activity* (same as PS)

Preschool

Promoting A Sense Of Self: Preschool Children



1. **Section:** *Sense of Self and Preschool Children*
2. **Section:** *Remembering the Brain*
3. **Video:** *In Brief: The Science of Neglect* (same as IT)
4. **Section:** *Promoting Family Participation in Children's Development of Self* (same as SA)



5. **Video:** *Supporting Young Children's Sense of Self*
6. **Video:** *Understanding and Honoring Differences*



7. **Section:** Entire *Do* section and bulleted list



8. **Attachment:** *Reflecting on Irreducible Needs Activity* (same as IT)

School Age

Promoting A Sense Of Self: School-Age Children



1. **Section:** *Sense of Self and School-Age Children*
2. **Section:** *Early to Middle Childhood*
3. **Section:** *Middle to Late Childhood*
4. **Section:** *Promoting Positive Self-Concepts*
5. **Section:** *Promoting Family Participation in Children's Development of Self* (same as PS)



6. **Video:** *Promoting a Positive Sense of Self*










7. **Section:** Entire *Do* section and bulleted list



8. **Attachment:** *Supporting a Positive Self-Concept Activity*

LESSON 3

Infants & Toddlers	Preschool	School Age
Promoting A Sense Of Self: The Environment	Promoting A Sense Of Self: The Environment	Promoting A Sense Of Self: The Environment
		
<ol style="list-style-type: none"> Section: Entire initial <i>Know</i> paragraphs with scenarios Section: <i>Environments that Promote Infant and Toddler Sense of Self</i> 	<ol style="list-style-type: none"> Section: <i>Addressing the Needs of Diverse Learners and Families</i> (same as SA) 	<ol style="list-style-type: none"> Section: <i>Addressing the Needs of Diverse Learners and Families</i> (same as PS) Section: <i>Considering your Own Sense of Self and Wellness</i> Section: <i>Be a Role Model</i>
		
<ol style="list-style-type: none"> Video: <i>Environments That Promote Sense of Self</i> 	<ol style="list-style-type: none"> Video: <i>Creating Supportive Environments</i> Video: <i>Sense of Self: Military Families</i> 	<ol style="list-style-type: none"> Video: <i>Creating Supportive Environments</i>
		
<ol style="list-style-type: none"> Attachment: <i>The Science and Psychology of Infant-Toddler Care</i> 		

LESSON 4

Infants & Toddlers

Promoting A Sense Of Self:
Experiences and Activities



1. **Section:** *Experiences and Activities that Promote Infant and Toddler Sense of Self*
2. **Video:** *The Caregiver's Sense of Self: Self-Care Practices*



3. **Video:** *Promoting Sense of Self: Experiences And Activities*



4. **Attachment:** *Easing the Separation Process for Infants, Toddlers and Families*



5. **Attachment:** *Stress Management Resources (same as PS)*
6. **Attachment:** *The Power of "No" (same as PS)*

Preschool

Promoting A Sense Of Self:
Experiences and Activities



1. **Section:** *Communicating with Families about Their Child's Development of a Sense of Self*
2. **Section:** *Supporting Yourself by Reducing Stress: Taking Care of Yourself while Taking Care of Others*



3. **Video:** *Preschool Teachers' Sense of Self: Self-Care Practices*



4. **Attachment:** *Supporting a Positive Self-Concept Activity*



5. **Attachment:** *Stress Management Resources (same as IT)*
6. **Attachment:** *The Power of "No" (same as IT)*

School Age

Promoting A Sense Of Self:
Experiences and Activities



1. **Section:** *Embracing Character*
2. **Video:** *Creating and Maintaining a Bully-Free Zone*
3. **Section:** *Character Traits*
4. **Section:** *Developing Children's Interests*
5. **Section:** *Long-Term Projects*
6. **Section:** *Role Models and Relationships*



7. **Video:** *Experiences that Promote Autonomy*



8. **Attachment:** *Character Education*



9. **Attachment:** *Bully-Free Zone*