

Words are magic. They have the power to express, connect, and transform.

As a parent, you likely have many words to describe your child. But what if you asked your child what word they'd choose to describe themselves?

Here's what to do:

- Get supplies:
 - -Poster board
 - -Construction paper (cut into strips)
- Ask your child the big question—the one word that sums them up. The word that makes them, them.
- Have him or her write it down and stick it to the construction paper.
- The next questions are up for grabs—but all with single-word answers: How are you feeling right now? What's your favorite animal? Who's your best friend? What's your favorite word all time?
- Post each one until you have a collage of words—a mini-memoir of who they are, right now.
- In the center, add one with your child's name and the date.

Next year, same time, do it again. You'll be amazed at your child's sense of self-discovery and their awareness of the world around them. (Even if their best friend never changes.)

BONUS! Word collages can also make a great addition to birthday parties. Have each guest write down the one word that expresses what they like about the birthday boy or girl. A day to remember filled with glowing reviews!

