

# I Like Myself!

by Karen Beaumont

Silly, but serious, verses and zany illustrations help this board book encourage healthy self-esteem for even the smallest child.



## Read

### Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *What is one thing you like about yourself?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder what makes the little girl so happy?

### During:

Encourage the children to comment on the illustrations, ask questions, and predict what will happen next in the story. Children gain confidence and a sense of achievement through being able to correctly predict how a story will end.

### After:

Discuss the story. Ask questions...

- What was something she liked about herself?
- How did she feel about what others thought or said about her?
- How did she feel about herself?
- Who did she like?

## Do

### Happiness List

As a group discuss all the things that make you happy. Write down, on a large piece of paper, the children's answers. Write down how these things make them feel. Explain that if they ever start to feel sad or embarrassed or upset, they can come to the happiness list and find things that make them happy.

If desired, you can add pictures or drawings to represent some of the words on the list. For example, different emotion faces to represent their feelings, pictures of the kids doing some of the activities and/or pictures out of magazines.

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