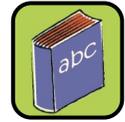




I Like Myself

By Karen Beaumont



In this fun and imaginative book, a little girl describes all the ways she appreciates herself, inside and out.

Early literacy experiences are so important for young children. When children read and explore books they start to learn important literacy skills and practice language development, even babies! Children who are read to learn more words, are better able to figure out words they don't know and may even do better in school. Books are also a great way for children to learn about and develop social emotional skills. Children practice waiting to turn the pages, explore different emotions and learn new ways to express themselves.

BEFORE READING:

Show your child the front of the book and encourage them to explore it. Ask them to guess what the book is about. Read them the title.

- Ask them what they see on the front cover.
- Show them the little girl on the cover and ask what they think she might be feeling.

WHILE READING:

- Stop if there is something you or your child would like to talk about.
- Ask questions so they can connect what is happening in the book to things they already know about.

Try some of these ideas:

- ⇒ What are some of the ways she is silly?
- ⇒ What does she like about herself?
- ⇒ What other animals are wild like the lion?
- Ask your child to point out what they see. Name and identify the pictures.
 - ⇒ What pictures are hanging on the wall?
 - ⇒ What is she doing (dancing, roller skating, etc.)

**AFTER READING:**

Spend some time talking about the story. Discuss the concept of self-esteem. Ask:

- What does she like about herself?
- What do you like about yourself?
- What do you do that is different and unique from other people?

Talk to your child about self-esteem. What does it mean to like yourself? How are you alike and different from other people? What do you like about yourself? What unique things do you like about your child?

Read this book several times to your child. Hearing the same story again and again helps them learn new words and better understand new things.

After you read the book, try these extension activities to connect the book to your child's learning experience.

Art and Music:

This is a rhyming book. Go back and find the rhyming words. Think about other rhyming words that could go with the rhyming pairs. Have children draw a picture of themselves and what makes them special. Record their answers.

Movement:

The little girl in the book moves a lot! Go through the pages and try out her different moves. Can you stand on one foot like she does? Sing "Head, Shoulders, Knees and Toes" Try going fast, or slow.

Pretend Play:

Have a "Glad to Be Me!" celebration. Have children draw a picture of what they like about themselves and record the answer. Have a pretend party and celebrate your uniqueness!

Social Emotional:

Discuss uniqueness and individuality. What makes you special? What parts of you are different than others? Blonde hair? Brown hair? Curly, straight? In a group setting you can create a graph with hair color, eye color, etc. Discuss your graph and celebrate your uniqueness!

