I Like Myself

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Ideas for enjoying the book at home

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About the Book:

This is a book about liking everything about ourselves—even our stinky toes, messy hair, and beaver breath! Children will be delighted by the little girl who expresses the magic of self-love in silly and funny ways. Through enchanting illustrations and entertaining rhymes, the book encourages children to appreciate everything about themselves —inside and out. With your child, enjoy following the girl and her dog through their whimsical world.

Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?

While Reading:

- What do you notice in the picture?
- What do you think about what we just read?
- What are you curious about now?

After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?

Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.

Turn the page over for creative expression ideas!

Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?

Creative Writing

In the book, the little girl tells us about the many things she likes about herself. Make your own *I Like Myself* book and tell us what you like about yourself.

1. Make a little book with a few pieces of paper stapled together.
2. On each page, write or dictate something you like about yourself.
3. Draw an illustration that matches what you wrote.
4. On the cover of your book, write the title and the author's name (you!). Add a drawing.
5. Read your book to your family and friends.

Visual and Digital Arts

It's important to recognize all the things you appreciate about yourself, inside and out. Gather your family together and ask them to talk about all the things they like about themselves.

Next, ask each person to draw a picture of themselves that represents something they shared. After, take turns sharing your pictures with each other.

Post your pictures in a special place in your home so you can enjoy them every day.

Kindness and Community

We can all help others love themselves more. Today, remind others why YOU like them. Choose one or more actions:

- Tell three people one thing you like about them.
- Tell another person who is having a hard day three things you like about them.
- Tell your pet all the things you like about them as you snuggle with them.

Mindfulness and Self-Awareness

It's important to remember you love yourself each and every day. Ask an adult to do a loving kindness meditation with you:

1. Find a quiet place and sit comfortably on the floor or in a chair.
2. Close your eyes or look softly down toward your lap.
3. Take a few slow, deep breaths.
4. Say the meditation three times out loud:
   - May I be happy.
   - May I be kind to myself.
   - May I love myself inside and out.
5. Say the meditation to yourself three times without talking.

Music and Movement

In the book, the little girl tells us what she likes about herself. Use your body to show what she says.

Ask an adult to put on your favorite music and call out different sentences for you to act out. Here are some sentences you can start with:

- I like me wild.
- I like me fast.
- I like me slow.
- I like me upside down and all around.
- I like me silly.
- I like my knobbly knees and stinky toes.

Pretend Play

The girl in the book tells her dog many things she likes about herself. Pretend to tell an animal friend what you like about yourself.

Find your favorite stuffed animal and go around your home telling them what you like about yourself. (If you have a real pet, you can tell them!)

Use costumes and props, like in the book, to act out the many things you like about yourself.

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