

Essential Questions:

- What does it mean to feel good about yourself?
- How can we show kindness to others, just like the characters in the book?
- What are some things that make you special and unique?
- How can we be brave, even when things are hard?

Subjects

ELA

Grades

K-2

Lesson Objectives:

- Students will understand that each person is unique and special.
- Students will be able to identify the main message of the book, recognizing the importance of self-love and acceptance.
- Students will demonstrate an understanding of kindness by discussing ways they can show kindness to others.

BACKGROUND/CONTEXT FOR THIS LESSON

I Am Enough, written by Grace Byers and illustrated by Keturah A. Bobo, is an essential story reminding all of us that, despite our differences, we should love ourselves, always be kind, and respect others. Readers will have the opportunity to connect and discover their amazing qualities, learn about respecting others and their differences, and ultimately the importance of being kind to each other. As the story unfolds, students are called to reflect on their inner strength and beauty.

MATERIALS NEEDED

- Copy of the book *I Am Enough* written by Grace Byers
- Construction paper
- Scissors
- Markers
- Tape

LESSON SEQUENCE**WARM-UP****DISCUSSION**

Ask students the following pre-reading questions:

- Is there anything you can do to make yourself feel better when you feel sad?
- Think of one good thing about yourself and share it with the person next to you.

WHOLE CLASS**ACTIVITY**

Read the book *I Am Enough* by Grace Byers aloud to students.

ACTIVE**ENGAGEMENT**

Use the following prompts to guide students in a discussion after reading *I Am Enough*

- What did you notice about the people in the book?
- How were the people in the book the same? How were they different?
- Did reading this book remind you of other things that make you take pride in yourself?
- How did you feel while listening to this book?

INDEPENDENT WORK

Explain to students that being helpful and friendly to other people can also make us feel good. One way to make everyone feel good is to tell people something you like about them, something that makes them special. These nice words are called compliments.

On their piece of construction paper, have students write something about a classmate that they think makes them special.

Connect the strips together to create a loop chain to hang in the classroom.

ACTIVE**ENGAGEMENT**

Use the following prompts to guide students in a discussion after creating their compliment chain:

- How did it make you feel to give someone a compliment?

**INTERDISCIPLINARY
& EXTENSION
ACTIVITIES**

- How do you think it makes someone else feel to receive a compliment from you?
 - [I Love Me Tree](#) - SEL Dallas Activity
 - [What Is Empathy](#) - Learning for Justice Lesson
 - [I See You, You See Me: Body Image and Social Justice](#) - Learning for Justice Lesson
 - [Looking at Race and Racial Identity in Children's Books](#) - Learning for Justice Lesson
 - [Different Colors of Beauty](#) - Learning for Justice Lesson
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