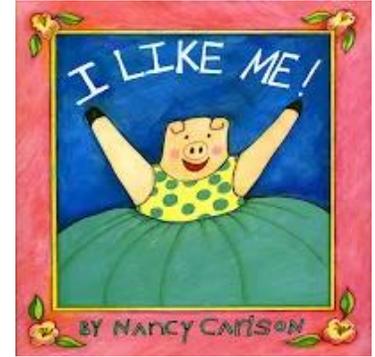


I Like Me!

By Nancy Carlson

I Like Me is an encouraging story about a girl who is her own best friend. She describes activities she likes to do with herself, things she is good at, and everything she likes about herself. This story promotes positive self-talk and self-love. It can be used to build confidence, social-emotional skills, and a positive community.



Discussion and Questions:

- What are your two favorite things about yourself?
- What kinds of things does the girl do to take care of herself? What kinds of things do you do to take care of yourself?
- What are some ways you can help yourself feel better when you are grumpy or sad? What kinds of things could you do to help others when they feel grumpy or sad?

Activities:

• Things We Are Good At

- Ask all children or family members, “What do you think you’re good at?” Offer ideas using pictures from the book, picture cards, or other sources. Ideas may include painting, dancing, counting, making jokes, running fast, cleaning up, taking a shower, brushing hair etc.
- Encourage children and family members to demonstrate the things they mentioned and take pictures of them doing so. Children and families could also draw and color pictures of themselves doing these activities.
- Create a class or family book using these pictures. On each page, write “(Name) is good at ____.” A bulletin board could also be created in the classroom using the pictures and accompanying narratives.
- Read the book often to highlight everyone’s individual strengths. Discuss new strengths that group members acquire and add them to the book or make a new book.

• Mirror Play

- In small groups, encourage children to look in a mirror and name something positive about themselves. Give an example such as, “I like my curly hair” or “My legs are so strong.” For very young children, encourage them to point and touch parts of their body in the mirror.
- Sing this simple song to the tune of [Frere Jacques](#) while passing the mirror around.
I am special, I am special.
Look at me! Look at me!
I am very special! I am very special!
Look at me! Look at me!
- Change the words to include things the children like about themselves such as: “I am special, I am special. See my hair, see my hair.”
- This can also be done with very young children or those who may not be able to express what they like about themselves. Caregivers can sing the song to a child and include things they like about the child.

• Discussing Solutions

- Ask, “What does the girl in the story do when she feels bad, falls down, and makes mistakes?” Show the pictures from the book to help children remember.
- Encourage children to draw pictures of what they can do in these situations. Provide ideas as needed. Ask each child to explain their picture and help them write down their ideas.

- **Building a Positive Community**

- Print 3" X 5" notecards with positive attributes/compliments and a visual representation of the attribute on them. Examples include: nice smile, cool outfit, super-fast, helpful, good choices, great artwork, good singer. Make multiple copies of the cards so there are enough to ensure each child can receive one. The cards can also be created using suggested attributes from the children. Once a set of cards has been created place them in a basket that is accessible to the children.
- Using a poster board and [library pockets](#), create a class positivity board that includes one pocket for each student. Glue a picture of each child on their individual pocket, similar to the pockets in the image to the right.
- Encourage children to put a positive attribute card into at least one classmate's pocket throughout the week. Before the end of the week, ensure there is a compliment card in each child's pocket.
- As a closing activity on the last day of the week, invite children to get the card from their pocket. As a group, read the cards aloud and talk about how it feels to be recognized for something positive and how it feels to give someone else a compliment.
- Before the children depart, collect the cards and put them back in the basket so the activity can be repeated the next week.

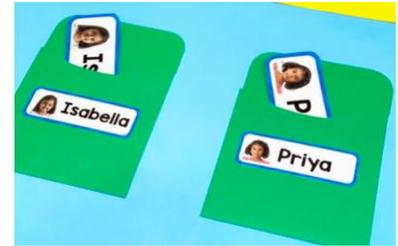


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