



Cook Books

Recipes for adding some "spice" to your Social and Emotional teaching practices

GRACE BYERS

I Am Enough



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I Am Enough

by Grace Byers

HarperCollins, 2018

The main character in the book states positively that, "Like the trees, I'm here to grow" and, "Like the moon, I'm here to dream." As she speaks through the pages, we see her with friends of many colors, shapes, and sizes. She reminds the reader to always try, pick yourself up, and "I'm not meant to be like you; you're not meant to be like me."

Activities and ideas provided by: Beth Peloquin, Pyramid 802 Plus

Vocabulary

Enough, soar, dream, swell, disagree, frame, dictate, worth

Emotions/Feelings Vocabulary

Love, cry, try, get along, fear, help, together

Examples of Activities that can be used while reading **I Am Enough** and throughout the day to promote social and emotional development:

- **While Reading the Book:** This is a great book to use near the beginning of the year. Share the rich vocabulary and metaphors in this book with your students and ask them how does the sun shine and how do people shine? Or how does air rise above, and what does "rise above" mean for people? You can also prompt the kids to identify how each person on each page might be feeling. When the story is completed, you can discuss with them what it means to say, "I am enough."
- **The Many Faces of Our Class:** Using a big piece of paper, have each child draw a big round shape, which will be their head. Cut out their shape and place it on an easel. Use multicultural tempura paint colors (available from Colorations and Crayola) and have the kids choose the one closest to their skin color and squeeze some in a paper cup. Then, dab a sample on their arm to see if it matches. Add darker or lighter colors to mix the paint until they find the closest to their skin color, keeping track of the colors you use. Then, write the equation for their color (i.e. Peach + Olive + Caramel = Beth). Have the child paint their whole face shape with their created color. Let it dry overnight.



Have the kids make eyes, a mouth, from construction paper and choose yarn for hair. The next day, they can glue on their face parts and draw on their nose. Display all the faces on the wall and share the “equations” underneath each one. Kids will discover that each person has a unique skin color that words like black, white, and brown do not really capture.

- **My Favorite Things:** For one week, ask the children about their “favorites.” Choices could be animals, toys, colors, places, fruits, seasons, songs, books, etc. Choose some that will have a large variety of answers (animals) as well as those with less choices (seasons). With each one, notice if kids have some in common and those that are less common. Have the kids create a book of their personal favorite things. Allow the kids to talk about how you can like different things and still like each other. Our favorite things are one of the ways we are unique.
- **Hopes and Dreams:** The girl in the book states, “Like the moon, I’m here to dream.” Ask the kids think about their dreams by prompting with questions like, “What are some of the things you wish you could do?” or “What would you love to do when you are a grown up?” Have the kids make pictures of their dreams and plan activities in the classroom that connect to each of their interests and dreams. For example, if one child wants to see a volcano, bring in some books about volcanoes or some volcanic rocks.
- **We Are Growing:** The girl in the book says, “Like the trees, I am here to grow.” Make a growth chart in the classroom and mark down each child’s height. Periodically measure the students in your class to see them grow over the year. You can also choose a tree near your classroom and take pictures of it every day (there is an App called “Selfie A Day” that can support this. Then, periodically share the pictures and see how the tree has grown and changed through seasons and over time.
- **More Ideas:** Here are some more ideas for activities that connect back to the book <http://www.peaceuccstl.org/wp-content/uploads/2020/06/book-activities.pdf>

Connecting with Families

To support families with this book, encourage them to read it with their children and talk about how each person in their family is the same and how they are different.

Share kids’ “Favorites” book and “Hopes and Dreams” pictures with families and ask them to plan some activities at home that put their child’s unique interests at the center. This could be making a favorite food, getting a library book or finding a video that shows something related to their hopes and dreams.