

Title of book: *I Like Me*

Author's name: Nancy Carlson

Publisher: Viking Penguin

Copyright year: 1988

Reading Level: K

Genre: Fantasy

Synopsis:

This book is a feel good story about the things that we do to take care of ourselves. We learn about personal hygiene, that we can cheer ourselves up, and that we all make mistakes. This all comes from a pig, an animal that is known to be overweight and sloppy. We are learning here that we are all unique in our own ways and we must be accepting of ourselves and others.

Theme: Acceptance

Activity One: Acceptance Circle

- Original---Jeff Mendenhall
- The objective of this activity is to see how good it feels to be accepting of oneself.
- Before reading the text the instructor shall have the students in a circle on the floor. The students will go around the room giving themselves a compliment. Giving ourselves compliments can help us feel better whether we are in a good mood or bad mood. This will be a good activity to do before reading this text.

Activity Two: Cheer-up groups

- Original----Jeff Mendenhall
- The objective of this activity is to help the students understand how they can deal with their anger and other emotions.
- In this activity the instructor may split the students into groups of three or four. The students are to come up with ways that they may cheer themselves whenever they are angry, sad, or have other bad feelings. The children are to draw the things that can help cheer them up. The instructor will go around and find the group that has the most positive ideas to help cheer up themselves. As a reward, the instructor may hang up the group's drawings in the classroom or on a bulletin board.