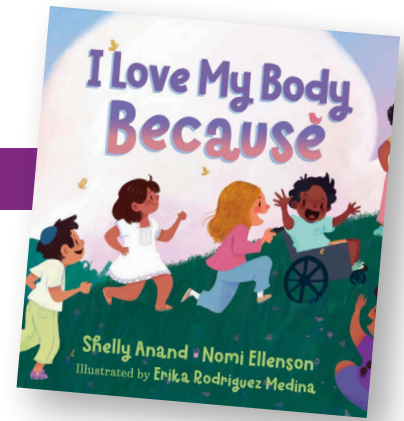


I Love My Body Because



A RIF GUIDE FOR EDUCATORS

Themes: Acceptance, Compassion, Self-Confidence

Book Brief: A celebration of your own body and all the different, wonderful bodies that make up our world.

Authors:
Shelly Anand and
Nomi Ellenson

Illustrator:
Erika Rodriguez Medina

TIME TO READ!



BEFORE WE READ LET'S LOOK AT...

The Cover: Read the title “I Love My Body Because” and ask students what they think the book will be about based on the title.

Vocabulary: This story discusses what our bodies can do. As you read, share with students that our bodies

are **different**, make **mistakes**, deserve **respect** and are **magnificent**. Share with students these vocabulary words and definitions as you encounter them in the book.

Purpose for Reading: “As we read, think about how the children in this story are like you. What parts of this story remind you of your life?”

WHILE WE READ

COMPREHENSION QUESTIONS (LEVELS 1-4)

- **Level 1:** On each page, ask students to “point to a body on this page.”
- **Level 2:** On each page, ask students, “How many bodies do you see on this page?”
- **Level 3:** As you read ask students, “Why does this character love their body?”
- **Level 4:** After reading ask students, “Why is it important to love our bodies?”

LET'S THINK ABOUT

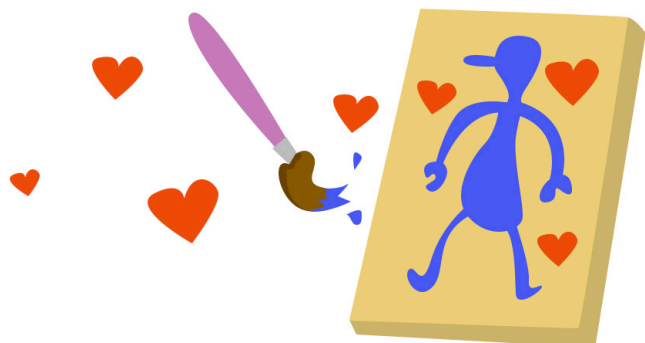
Ask, “Did any part of this story remind you of your own life?” On chart paper, make a list of all the reasons why we love our bodies. Did your students come up with any reasons that were not included in the book?”

BOOK ACTIVITY:

We Love Ourselves Because - Self Portrait

Materials: paper, paint/markers/crayons

Have your students draw or paint a picture of themselves. Use the sentence stem, “I love my body because _____” and have students practice completing the sentence using the Sound-Spelling Chart and Picture Vocabulary Cards. If possible, hang the drawings around your classroom so students can feel proud of their work and be reminded why it is important to love ourselves.



I Love My Body Because

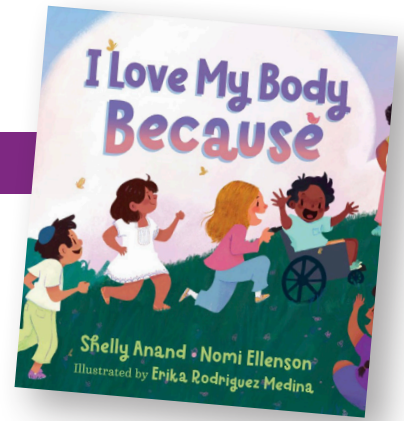
A RIF GUIDE FOR FAMILIES

Themes: Acceptance, Compassion, Self-Confidence

Book Brief: A celebration of your own body and all the different, wonderful bodies that make up our world.

Authors:
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TIME TO READ!



Before: Before reading this story, read the title “I Love My Body Because” and flip through the pages, asking your child to identify some of the things the characters in the story are doing with their bodies. For example, ask “what are the characters on this page doing?”

During: As you read, encourage your child to identify more things the characters are doing in the story and how they relate to why the characters love their bodies.

After, ask questions:

- What are some reasons the characters in the book love their bodies?
- What do our bodies help us do?
- Why is it important to love our bodies?
- What is your favorite thing about your body?

CONVERSATION STARTERS

Print Awareness is when children develop their understanding of letters, words, and how print works. Help your child notice written language both in the books you read and in the world around them. You can increase your child’s print awareness by modeling, starting by reading the cover, reading from left to right, turning pages as you read, and pointing at words as you read. Eventually your child will learn that even though the pictures in the book have important information, you read the printed words.

RELATED ACTIVITIES

BODY TALENT SHOW

As a family, organize a talent show to highlight the many things, both big and small, you can do with your bodies. Have each family member take a turn showing off something their body can do (e.g. a somersault or curling your tongue). Discuss what parts of your body you are using when you share your talent. Afterwards, discuss what it means to be good at something, focusing on the fact that everybody is different and has different talents.



ADDITIONAL RESOURCES



OTHER BOOKS ABOUT SELF-CONFIDENCE

- [I Like Myself! \(2016\)](#)
- [Be You! \(2020\)](#)
- [I am Enough \(2018\)](#)