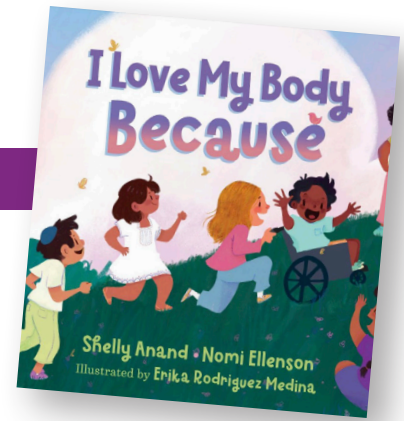


I Love My Body Because



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.

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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.

