

I Love My Body Because

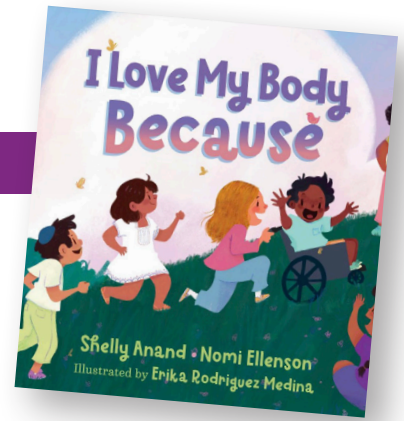
A RIF GUIDE FOR FAMILIES

Themes: Acceptance, Compassion, Self-Confidence

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

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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 \(2018\)](#)