

Lesson 5: *I Like Myself!*

THEME: Believing in Oneself

BOOK *I Like Myself* Written by Karen Beaumont and illustrated by David Catrow

MATERIALS:

- **Song:** “I Believe in Myself” by Bunny Hull - <https://youtu.be/pYOOzHhliA>
- ***Laminated Poster 1:** Include title, author, & illustrator of book
Vocabulary words: rhyme/rhyming
Include this quote from book:
*“No matter if they stop and stare,
no person
ever
anywhere
can make me feel that what they see
is all there really is to me.”*
- ***Laminated Poster 2:** Lyrics to chorus of song – “I Believe in Myself “
- **Pointer**
- **Highlighter tape (optional)**

POSSIBLE LITERACY FOCUS: in song: Letter “I”, “i” – uppercase and lowercase

MATERIALS FOR ART ACTIVITY

Small Paper plates tambourines for each child made by teachers or helpers (Two small paper plates stapled together with beans inside)

Some dry beans to put in tambourines

Crayons or Markers

Optional: Sticker that says “I Believe in Myself”

BEFORE READING OF STORY: Show book to children and read title, author’s and illustrator’s names.

Ask: What does the author do? What does the illustrator do? Authors have a purpose when they write a book. Sometimes they write story to give information or entertain -- just for fun, or they want to tell us something. They have a message. As I read the book, I would like you to think about what the author might be trying to tell us.

OPTIONAL LITERARY FOCUS: Give children examples of rhyming words before reading of book and ask children to listen to the story to see if they can hear the rhyming words. This exercise is difficult for preschoolers and teacher might want to pause and point out the rhyming words for the children and have them repeat the words.

AT THE END OF STORY/DISCUSSION: *What do you think the author is trying to tell us. What is the little girl saying about what she looks like? --What people see? Do you remember the book I read titled, "Shades of People"? It said that our skin and its color is just a wrapping. People are more than the color of their skin or their appearance.(What they look like on the outside!) Let us see what the little girl in the story says.*

POSTER 1: Go back to quote from story on poster, and read it aloud again. *What does the little girl think about people that may stop and stare? Does she care? Why? (She likes herself— inside and out.) Is what she looks like more important than what she is on the inside? Is it more important if a person is kind and does nice things for others....that a person is fun to be with... makes you laugh, makes you think...that a person shares or shows you that she/he enjoys your company and is respectful and helpful? What do you think is important: How a person feels, acts, and treats others, or what a person looks like on the outside?*

POSTER 2: Read and point to lyrics of the song. Invite a child to come and point to the words, as teacher and class read lyrics again. Assist child with one-to-one matching of oral word to print. If desired, invite children to come up to poster to identify the uppercase "I" and lowercase "i" in lyrics.

The teacher may want to have the children sing the song once without the tambourine. For the second round, bring out the tambourines to show to the students, and tell them how to use them while singing song. It is important that the children only play the tambourine when asked. When passing the tambourines out, the teacher may want to ask the children to keep them quiet until everyone has one. Then the children may shake and tap them for a short time before they began to sing the song. This song is simple with a nice rhythm. Most of the children seem to love this song.

One morning after our discussion of the book and after reading of the lyrics, we had many children raise their hands. One after the other said, "I believe in myself!". It was a beautiful moment.

ART ACTIVITY: After story and singing of song, children take their tambourines to tables, put their name on it, and decorate them with markers/crayons. They can draw their face on opposite side of name. Optional: Tissue paper or crepe paper streamers can be added.



The tambourine is a reminder to believe in yourself. If others are unkind to you and do not treat you well, do not let them make you feel bad about yourself, but believe in yourself. Each of you are important and have feelings. Like who you are! Your teachers will tell you what to do, if someone is unkind to you.

"I Believe in Myself" by Bunny Hull

I believe in myself

I believe in myself

I believe, I believe

I believe in myself

I believe in me and you

You and me, through and through

I believe, I believe

I believe in myself

I believe in myself

I believe in myself

*Laminated posters are unnecessary, if teachers have Smart Boards.

Song can be found: <https://youtu.be/pYOOzHhliA>

<https://www.apple.com/itunes> or

www.amazon.com

