

# LESSON 1A: *I AM LUCY*

## LESSON 1B: *LUCY HAS A BABY BROTHER*

The two books can be read on the same day or a few days apart. This will depend on time constraints and your students. Each book should be discussed independently, but connections should be made between the two.

**THEME:** Believing in Oneself

**BOOKS:** *I Am Lucy & Lucy Has a Baby Brother*

Written by Carolina Sommer and illustrated by Allan Smith- Pardo

### MATERIALS:

- **Song #1:** “Try a Little Kindness” by Tori Kelly (Sesame Street song )or  
(Can be downloaded from ITUNES  
<https://www.apple.com/itunes> is also on You Tube:  
<https://youtu.be/hbicT7Hmceo>
- **Song #2:** Song: Unique- I Want You to Be Nice to Me You Tube:  
<https://youtu.be/7xqGMCXr9wq>
- **\*Laminated Poster 1:** Include titles, authors, illustrators of books, & Underlined Vocabulary words

### VOCABULARY WORDS:

From books

#### Book A:

Symptoms - changes in the body that show you may be ill or may have a something in your body that works differently than most

Pfeiffer Syndrome - a group of symptoms in which bones grow before they are supposed to and extra bones may grow in the body, big head, and very big eyes

aquarium - a building in which fish or other underwater animals or plants are kept for exhibit and study

fascinating - of great interest, interesting, enchanting, extraordinary  
appearance - outward look

#### Book B:

compliment - a polite expression of praise  
or admiration negative - mean, bad

From song:

unique - used to say that something or someone is unlike anything or anyone else different from the rest

indigenous to this country – living, or existing naturally in a certain region (American Indian in the USA)

ebony – very dark or black

accent – a way of pronouncing words that happens among the people in a particular region or country – a place in which people live together under one government like the United States,

Mexico, England, or France

- **\*Laminated Poster 2:** One of two songs  
Song choice #1: Lyrics of song – “Try a Little Kindness” or Song choice #2: Lyrics of song – “I Want You to be Nice to Me”
- **Pointer**
- **Vis-a-Vis Marker** (for laminated poster)

Highlighter tape(**optional**)

### **POSSIBLE LITERACY FOCUS:**

Song #1: Letter “k”, sight words, “you” and “do”.

If children are ready – contractions there’s, that’s, it’s

Song#2: Uppercase and word “I”

Lowercase “i” Sight

words: you and am

### **MATERIALS FOR ART ACTIVITY: One of Three Optional Activities**

- **Art Activity sheet for each child (card stock or copy paper)**  
Copy of art/writing activity sheet Included on last page.
- **Crayons or markers**  
Optional for Preschool: Lucy Stickers (Template Included) and/or Heart stickers

**BEFORE READING OF FIRST STORY:** Point to the title. Show Cover.

*From the title and the illustration, we can tell that the book is about a little girl named Lucy. Read the author and illustrator’s name. Ask the children if they remember what authors and illustrators do. As I am reading the story, I would like you to think about why the author might have written this book- to entertain us, to give us information or to give us a message. Listen carefully as I read, and we will learn about Lucy and get an idea of why the author wrote this book. As you are reading---stop at the vocabulary words( on poster 1) when you arrive to them in the book, and go over their meanings.*

### **READ STORY**

### **QUESTIONS YOU MIGHT ASK/DISCUSS**

### **POSSIBLE DOUBLE LIST ACTIVITY**

**List Activity:** *Let us think about Lucy and what she says at the end of this story. Lucy says she is just a kid and before that she says. “All I know is that I am Lucy”. Let us make a list of some of the things Lucy likes, or does that are just like any other kid.*

**Brainstorm with the children, and go back through the book to make the list.** (See example list at end of lesson) *Lucy has some favorite colors. Do you? Do you have a pet? Lucy has a dog. Lucy likes to eat and sometimes stuffs herself. Do any of you like to do puzzles or paint? How about read? Who likes to go out to the movies? Lucy also likes to go to the aquarium. These are some of the things that you or any other kid may have in common with Lucy. Things that you have in common are things that you like or do that are the same. Let us add to our list. What other things do you think she or any other kid would like? Do you like to have friends? Do you like to have someone to play with? Do you like others who will share their crayons or toys with you? Many of the things you like, she likes, too. But, all of us are unique. No one is exactly like another person, neither on the outside of our bodies, nor on the inside.*

*The way we look is like a wrapping over who we are. What are some of the things that make us different from each other on the outside? Let's make another list of some of the things. (eye color, hair color, length of hair, type of hair, body size---tall or short, body size, shape of ears, color of skin, the way we speak) We know that Lucy said that she has had to spend a lot of time in the hospital because she has some medical differences, and these differences make Lucy look a little different. Her different wrapping or appearance may be more noticeable before you get to know her. She said her eyes are big, her head is big, and her bones grow differently. She has extra bones. Her big toes swerve to the side, but what is important is that she has many, many things in common with any other kid. Maybe that is why at the end of the book—she says that she is just a kid, and near the beginning of book, she says that all she knows is she is just Lucy. Lucy is saying that she looks a little different from most kids, but she wants you to know that she is just a kid. So, what is the message from the author? Is it also Lucy's message? I think so ---Even though kids may look different because they have medical differences, they are just kids, like Lucy. They have many things in common with other kids; they like to do many of the things any kid without medical differences would like to do.*

**BEFORE READING OF SECOND STORY/DISCUSSION:** Teacher can decide to read this book the same day or soon after so children can make the connection between the two. We just read the book. "I Am Lucy" and we found out that Lucy is a lot like every other kid, but she has some medical or health differences which make her wrapping, her appearance a little different than that of most kids. Yet, we all have differences.

Read: Title, author's name and illustrator's name. Review what an author and illustrator do, if necessary. Note that the author and illustrator are the same people who authored and illustrated, "I Am Lucy". *Do any of you have a baby brother or sister? Let's find out more about Lucy.*

### **READ STORY: QUESTIONS YOU MIGHT ASK/DISCUSS**

Stop where you think it may be appropriate. Note how Lucy has a fun and loving relationship with her brother. They do ordinary things like any brother and sister. Stop on the page where it talks about Lucy's eyes and how Eli doesn't care that she has big eyes. **Emphasize that differences are okay.**

The two following pages are about how Lucy feels when people stare at her because she is different in appearance. *Why does Lucy feel like putting her head down? Is it nice to stare at people?* On the following two pages discuss "strike a pose" and "signature pose".

**AFTER READING BOTH STORIES/DISCUSSION:** *What did we say the author's reason was for writing the first book? We said it was also Lucy's message---that she had medical differences that made her look different on the outside, but she still did things and felt things like any other kid; she has many things in common with other kids. What would the message be in this book? We find out that she does many ordinary things with her brother, as you may do with your sister or brother. Are happiness and sadness ordinary feelings? What is something that makes Lucy sad? (When people stare at her or say negative (mean) things about her or her eyes.*

*We happen to know that the author of both of these books is a mother who has a daughter with Pfeiffer Syndrome because the book tells us on one of the last pages. And actually, her daughter also helped her write the book. Show the photo of the author with her daughter and son on the second to the last page of the book. What are the authors, trying to tell us in these two books? We do get information about the syndrome Lucy has; that is true, but I think they are also trying to give us a message; trying to teach us a lesson.*

*You see Lucy may look different, and she is unique like each one of you; no one is the same, but she is still a lot like any other kid. Differences are okay. She has a lot in common with you and me; she has feelings like you and me. Her wrapping happens to be a bit different. If you see someone that looks different from you-- do not be mean ---say mean things and stare. How would it make you feel? Think about it. Choose kind(ness) and you may find a new friend.*

**SONG:** There are two song choices. You may prefer to use them as a poem. In “Try a Little Kindness” – the Sesame characters can be heard, and this may even turn off some of the preschoolers (they may think Sesame Street is “too babyish”), though I think it has an important message and is appropriate for Preschoolers. “I Want You to Be Nice to Me” should work for Preschool through second. The 2<sup>nd</sup> graders can just read the lyrics as a poem and discuss it. *We have a song/poem to learn, and songs /poems are sometimes just written for fun or they have a message. Let us go over the words (On poster 2 or on Smart Board) and see if our song/poem has a message.* Point to each word as you are reading the words. Discuss the vocabulary words and message with the children. You may want to go over the words twice. For the second time, have a child come up to the poster or Smart Board to point to the words as the whole class reads the words. If singing, sing song with music on a speaker or play on YouTube. The lyrics are part of both videos. After singing, if doing a literacy focus on a letter or sight word, write the letter and discuss the sound it makes, or write down the word. Have some children come up to lyrics and put highlighting tape on the word or letter in the song, or circle the word/letter with vis-à-vis pen or a Smart Board marker.

**ART ACTIVITY:** Three optional activity sheets- (One with printing lines) Preschoolers & K: “TRY A LITTLE KINDNESS” - Read what it says on the bottom of the page. Tell students that this sheet is to help them to remember how important it is to be kind to others. Have them use different color crayons to decorate their sheets in their own way. Teacher can demonstrate making different lines and shapes. Students can put a Lucy sticker or heart stickers on the sheet, if available. 1<sup>ST</sup> – 2<sup>nd</sup>: KINDNESS LIGHT” choice of page: Brainstorm with children different acts of kindness. The older children can draw someone doing an act of kindness on the page that has a “Kindness Light”. Student /teacher may be able to write what the act of kindness is on their page, if time permits. Remind children that “Kindness Lights” are an imaginary thing--- and we should always be kind. Kindness will actually bring a different kind of light – happiness and a feeling of goodness in the world to the person that is being kind and to the person who receives the kindness.

Like us kids

- Has a favorite color
- Has a pet
- Likes to read
- Likes to do puzzles
- Likes to watch movies
- Likes to eat
- Stuffs herself sometimes
- Likes to paint
- Makes jokes
- Likes to go to the aquarium
- Thinks about what she wants to be when she grows up (a doctor)

Other kid things that make us alike

- Want to have friends
- Hugs from parents
- Ride a bike
- Play ball
- Have feelings (Sad, happy +)
- Need to be loved

Things that make us different

on the Outside

- hair color, length, type
- eye color - shape or size
- head shape or size
- nose shape or size
- mouth shape or size
- ears-shape or size
- body - shape or size
- skin - color
- way we speak - different language or accent

## Try a Little Kindness- Tori Kelly

<https://youtu.be/hbicT7Hmceo>

There's a word I know and it starts with k.  
That word is kindness.  
Hear me when I say, K is for kindness.  
A simple word, it's true.  
But it's amazing what a word can do, can do.  
Amazing what a word can do.  
When you help someone in need----  
That's kindness.  
Now you plant a little seed --- that's kindness.  
When you give a pal a hug ---that's kindness.  
Gently hold a ladybug----  
That's kindness, too.  
And when you try a little kindness---  
Kindness  
Kindness  
"How good it makes you feel.  
When you try a little kindness, kindness, kindness-  
When you try a little kindness, yeah, yeah.  
That's kindness.  
When you listen and stay calm---  
That's kindness.  
Bake a cookie for your mum---  
that's kindness  
When you scratch a puppy's ear  
Help to wipe a tear,  
That's kindness, too.  
Yes, I know, I know, I Know that when you try a little kindness  
Kindness, kindness, kindness, and help someone for real  
You might be surprised to realize how good it makes you feel  
When you try a little kindness, kindness, kindness.  
Try a little kindness.  
Ooh, ooh! Ooh, ooh! Ooh, ooh! Ooh, ooh!  
That's Kindness!

# I Want You to be Nice to Me - Chris Mark D'souza

<https://youtu.be/7xgGMCXr9wg?t=2>

I am a snowflake I am unique,  
I want you to be nice to me  
I am indigenous of this country  
Different faces, Diversity Brown or white or Ebony

## **Chorus**

Cause I am you-o-o-nique  
I am different from the rest  
I am you-o-o-nique  
And I deserve respect.

I like my food a little spi-i-cy  
I like veg and don't eat meat  
I have an accent from another country  
I look at you and I see beauty

I might have a disability  
I might learn a little differently  
I like to stand up to the bully.  
So choose your words real carefully.

I don't need designer labels on me  
Friends around me is all I need  
I have two daddies in my family  
My mommy is white with a brown daddy

I might be short, I might be weak.  
Help me out, stand up for me  
I am special, I am unique  
Karma is my true belief.



I imagine a "light" that makes people want to be kind. Mommy told me that sometimes people's hearts are in the wrong place ... I bet it will bring their hearts where they belong.



Try a little kindness!

# An Act of Kindness

Handwriting practice lines consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).



I imagine a "light" that makes people want to be kind.

