

LESSON 4: *I AM ENOUGH*

THEME: Believing in yourself

BOOK: *I Am Enough* Written by Grace Byers and illustrated by Keturah A. Bobo

MATERIALS:

- ***Laminated Poster 1:** Include titles, authors, & illustrator of book
Include quote below and underlined Vocabulary words:
"I know that we don't look the same:
Our skin, our eyes,
our hair, our frame,
But that does not
dictate our worth;
We both have
places here on
earth."

Vocabulary words: enough – in the book it means you do not need to be more than what you are
frame – a body, especially the size or built of a human body
dictate – say or order
worth – value, importance, usefulness

Song bold---having courage, being brave, confident, courageous
unique - only one of a kind
features – any part of the face eyes, nose, eyes, etc.

- ***Laminated Poster 2:** Lyrics to song
- Pointer
- Vis a-Vis marker for laminated poster
- Highlighter tape (optional)
- Song A: You-nique by Quaver Music –
<https://youtu.be/f6cmXLzxfZE?list=OALS70E>
- Writing Activity Sheet

POSSIBLE LITERACY FOCUS:

Song #1: Sight word: you
Contraction: "I'm"

MATERIALS FOR ART ACTIVITY:

Art activity sheet for child (Included on last page.at end of lesson)
Crayons or markers
Stickers (optional)

BEFORE READING OF STORY/DISCUSSION:

SHOW BOOK COVER: Read author and illustrator's names and title.

ASK: *Do you remember what the author and illustrator do? (If needed) What does the word enough mean?* Discuss and tell them you will talk about the word "enough" more after the story.

Ask students to think about the author's purpose in writing the book. *Did she want to give us information, entertain us, or give us a message?* Ask them to listen carefully for rhyming words as you read. Ask them to all pay attention to the illustrations, as they are also important to many of the books we read.

READ STORY:

QUESTIONS YOU MIGHT ASK/DISCUSS: Stop as you are reading the story for the children to identify the rhyming words. Did we get a lot of information/facts in this book? (No, it had some nice rhymes, but I do not think the author was trying to entertain us). What do you think the author's message is? The title is, "I Am Enough" and on the last page the sentence is, "I am enough". When you have enough of something, you do not need more. Did you like the illustrations? Why or why not? What did you notice about them? (Different skin colors, different hair, only girls) Why do you think there are just girls in the illustrations? Is this a message for girls only? Can it also be a message to boys? The message can be for everyone. Messages: You do not have to look like everyone else or do the same things as everyone else. You are here to live a life—try things, dream things, do things, you are enough. You do not have to be more than what you are. Everyone has value. Go back and read the following words in book: "I know we don't look the same: our skin, our eyes, our hair, our frame. But that does not dictate our worth; we both have places here on earth."

SONG/DISCUSSION: *This song is about being enough, about self-worth...feeling good inside yourself about who you are.* Use pointer to go over the words printed on second poster or projected on smart board. Do this twice, or have a student come point to the words the second time around as class tries to read the lyrics all together. Discuss the lyrics with the students. Have some students come up to lyrics and highlight words or letters with highlighter tape, or have children use a Vis-à-vis marker to circle them on poster. Use marker for Smart Board. Students may like to try to sing with the video (Includes lyrics), but you can use song just as a poem and do some literacy decoding activities with them.

Art Activity:

Students will sign their name at the bottom of the sheet that says, "I am enough". This is like a pledge to themselves to remember that each one of them is enough. The children can get creative in decorating it with crayons or markers. If preschool teachers have stickers, the students can add those to their sheet.

You-Nique by Quaver music

<https://youtu.be/f6cmXLzxfZE?list=OALS70E>

Stand up!

Take a good look in the mirror.

Tell me who, who do you see?

Keep your head up.

Reflect on who you are.

Yeah, that's you, you, bold as can be.

Every feature on your face,

Your ears, your eyes, your nose,

Your teeth are as perfect as can be.

So sing,

Chorus:

**I'm brave, I'm strong, I'm love, I'm
smart, and I'm Unique!**

**And there's no one else in the whole
wide world exactly like me.**

Speak a little bit louder.

**The world is waiting on
your voice.**

Be true, true,

To what you have to say.

**You know you've got the power,
But only you can make the choice to do,
do it your own way.**

**The world's an oyster, You're the pearl;
Let who you really are unfurl.**

Just be exactly who you are,

Be proud and say,

REPEAT CHORUS (2times)

Whoa – oh – oh – oh

Whoa – oh – oh – oh (4 times)

"I'm brave, I'm strong, I'm loved, --- I'm smart, and I'm unique.



The world is open to you and you can do anything you would like to do. You are like a jewel in this world. You have value!



I

Am

Enough!

"I know that we don't look the same:
our skin, our eyes, our hair, our frame.

But that does not dictate our worth:

We all have places here on earth."

-Grace Byers



There's no one else in the whole wide world exactly like YOU!

What are some of the things that you like about yourself?

What are some of the things that make you unique?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for writing.



There's no one else in the whole wide world exactly like YOU!

What are some of the things that you like about yourself?

What are some of the things that make you unique?
