

## Lesson 2: *You Are Enough*

**Note to teacher: Read last pages before reading book to children to prepare you for any questions that they might have.**

**THEMES:** Appreciate Diversity, Believe in Yourself

**BOOK:** *You Are Enough – A Book About Inclusion* written by Margaret O’Hair & Illustrated by Sofia Cardoso

### **MATERIALS:**

- **World Map**
- **Poems** to be projected or written on laminated poster paper - “Believe in Yourself” and/or “I Was Born this Way”  
Pointer
- **Optional:** <https://youtu.be/zHAuJLYQOeY>  
You tube videos about Sofia Sanchez  
[https://youtu.be/V6gQ1\\_HEmRM](https://youtu.be/V6gQ1_HEmRM)
- **Vocabulary Words:** Down Syndrome (definition in back of book)  
inclusion – the act of including, the state of being included  
inspired - to influence, to cause to happen by stirring emotions  
orphanage – a place where children whose parents have died can live and be cared for  
unique - used to say that something or someone is unlike anything or anyone else  
risky – involving the possibility of something bad or unpleasant happening; possibly being dangerous  
From Poems: standards – ideas about what is right and wrong  
attitude - the way you think and feel about someone or something  
destination – a place to which a person is going or something is being sent  
soar – to fly or sail often at a great height by floating a  
struggle – to try very hard to do or del with something that is difficult or that causes problems
- **Optional: Art or Writing Activity Worksheet – Crayons or Pencils**

**BEFORE READING OF BOOK/DISCUSSION:** You may go over vocabulary words before story or explain the words as you reach them in the story. Show students the book cover and read title, author, and Illustrator's name. Show them the title page and tell children how the title, author and Illustrator's name are repeated again.

*Do any of you know what the word "inclusion" means? - the act of including, the state of being included. When kids are playing a game and they asked you to come and play, they are including you. We will find out more about inclusion. On this book cover, it says inspired by Sofia Sanchez. What does that mean? "Inspired" means that Sofia and her life story created the emotions in the author to make her want to write the book. The way Sofia sees life gave the author ideas of what to say in the book and gave the illustrator ideas on how she should illustrate the words.*

*Let's first find out who Sofia is and why she may have inspired the author to write the book. Have the world map handy to show at the beginning of the story where Sofia says she was born in the Ukraine. Point to where Ukraine is and where California is on the map. Also point to Washington state for a reference point.*

**READ STORY** (Wait to read "About Sofia Sanchez" which is written on some of the last few pages)

### **AFTER READING: Main Part of book:**

**QUESTIONS YOU MIGHT ASK /DISCUSS:** *What do you think the author's purpose was? Why do you think Sofia inspired the author? The author did something interesting in this book; she wrote as if she were Sofia saying those words written in the book. Who is Sofia speaking to in the book? Not only is she speaking to children and people who may look different than most others, or who have different abilities than most, but also to all children and people. What is she telling us? What is Sofia's attitude about being different? (Refer back to definition) Are differences, okay? Sofia says that being different can be lonely --- you may feel like you don't belong. Does Sofia have feelings like you do? Maybe she wanted other children and people to understand that even though she looks different and may struggle at doing things that you or I may find easy, she is still a lot like other kids. Sofia says, "They think being different is scary." Should we be afraid of someone who may have medical differences and may speak or look differently than ourselves? No, but sometimes we are afraid of some things we have never seen before, or things we do not understand. Is it nice to stare at people that look different than you? No, but you may want to ask your parents or an adult you are with questions about the differences you have seen. When Sofia (the author) says, "Don't stay on the sidelines—what does that mean? It means that you should not just sit and watch other children or people do things, but you should join in and do and try things as well. Sofia says "It's YOUR Story ---so be the star!"*

**READ:** “About Sofia Sanchez” and “Q and A for Kids...”

(Three pages near the end of the book)

Here is where you may want to refer back to the part of the title, “A Book About Inclusion”. *We know from the book that Sofia, in many ways, is like any other kid. She has feelings that can be hurt when others are mean to her and don’t include her in their play and games. We see that she can do lots of things that you can do. Sofia also goes to school like you do, and is fully included in the classroom. Including her in play and in school is inclusion.*

**Optional: Show video of Sofia**

<https://youtu.be/zHAuJLYQOeY>

[https://youtu.be/V6gQ1\\_HEmRM](https://youtu.be/V6gQ1_HEmRM)

(More recent -About book)

**Optional: Art or Writing Activity Sheet**

This is a flexible activity: Art or Writing

Children write their name on bottom line.

They can draw their face in middle of star, or draw something they like to do or would like to do.

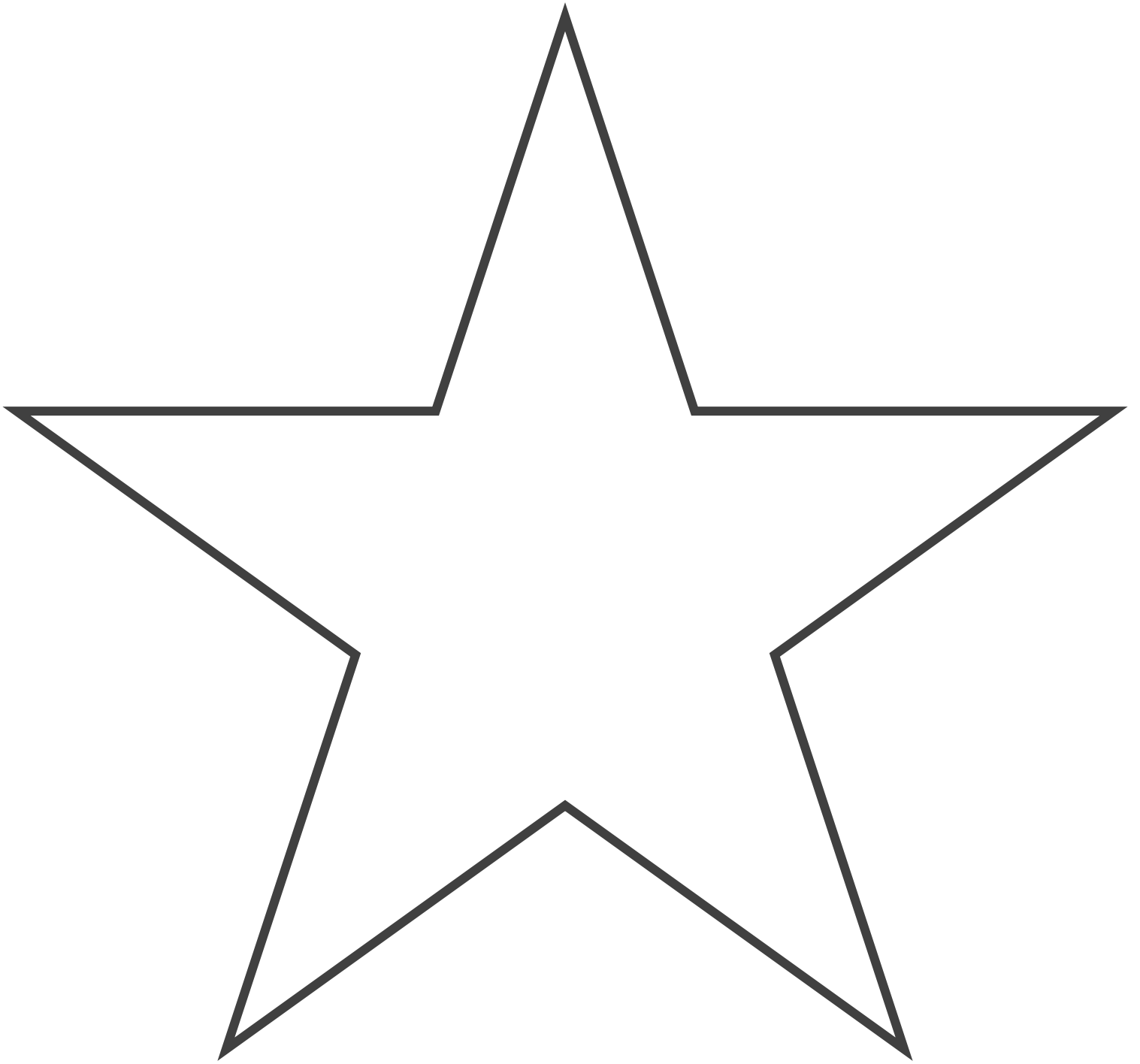
**OR**

You may want them to write several things they would like to do or try—e.g. -Go out in space, paint, do gymnastics, swim, surf, climb a mountain, teach, fish, travel, play tennis, basketball be a doctor, a nurse, a scientist, a writer, an artist. Teacher can help brainstorm different things with students and write them on chart paper.



Don't stay on the sidelines.  
It's YOUR story—so be the star!

\_\_\_\_\_ Diane \_\_\_\_\_



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# Believe in Yourself

Set your standards high  
You deserve the best.  
Try for what you want  
And never settle for less.

Believe in yourself  
No matter what you choose.  
Keep a winning attitude  
And you can never lose.

Think about your destination  
But don't worry if you stray  
Because the most important thing  
Is what you've learned along the way.

Take all that you've become  
To be all that you can be.  
Soar above the clouds  
And let your dreams set you free.

Jillian K. Hunt

## **I Was Born This Way**

I was born this way  
This is what I  
Look like,  
Feel like,  
Act like.

I was born this way.  
This is who I am.  
I am someone  
Feeling strong  
Acting brave  
Making friends.  
This is who I am.

I have dreams like you  
My dreams are to  
Be happy,  
Be successful,  
Make a difference.  
I have dreams like you.

See the person inside.  
The person inside of me  
Is just like you.

Theresa Gaughan