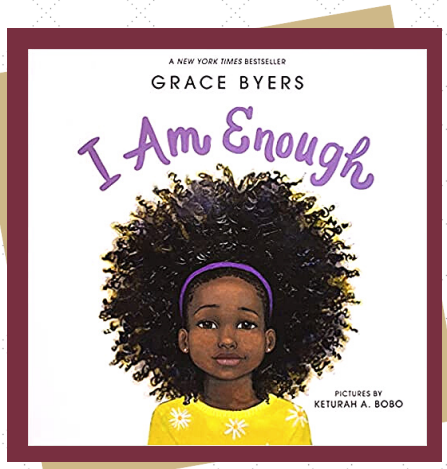


BEYOND THE BOOK GUIDE

I Am Enough by Grace Byers

Book Summary

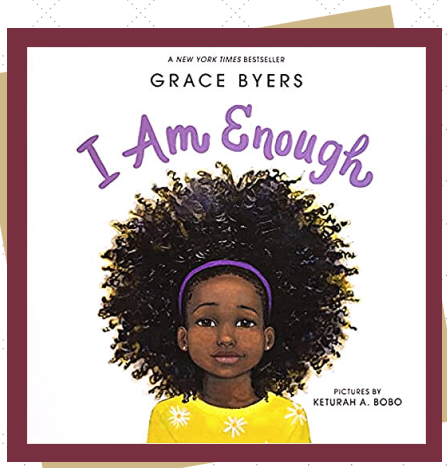
I Am Enough is filled with affirmations to remind children of all ages that they are enough, just as they are. An affirmation is a motivating word or phrase. We all are made with unique features and characteristics and are all worthy to be loved and respected. Written as a poem, this story is filled with reminders to shine, while also being kind to others.

Before Reading the Story

- Discuss what you see on the cover of the book.
- Make predictions on what the story may be about.
- Talk about what it means to have high self-esteem and confidence.
- What does it mean to be enough? Talk about a time where you felt very confident and then another situation where you felt less confident.

Target Vocabulary

- **simile (sim-uh-lee)**: a phrase that describes something by comparing it to something else using the word "like" or "as"
- **enough**: someone or something is as good as needed
- **soar**: to fly high in the sky
- **champ**: a person who is the best at something and won an important competition; also known as a champion
- **swell**: to become larger than normal because of liquid collecting inside
- **dictate**: to control how something is done



BEYOND THE BOOK GUIDE

During the Story

- Read the book aloud with the pictures facing your child.
- Make predictions about the story based on the pictures.
- Provide definitions and connections for any of the target vocabulary words that may be unfamiliar.
- Have your child repeat the words that they do not know.
- Relate the details in the story to events and experiences in your everyday life.
- Ask questions throughout the story to help your child understand what's being read.

After Reading the Story

- Have your child retell the story in their own words using the pictures.
- Make a list of at least five "I Am..." affirmations. Put your list in a place where you can see it daily.
- Discuss how you can spread kindness at home or at school.
- Tell me about a time you had to help someone and about a time when someone helped you.
- This story uses similes to describe examples of confidence and self-esteem. Come up with a simile to describe yourself in a confident way using this format: Like a _____, I am _____.

Example Questions to Ask

- Why do you think the young girl compared herself to a bird?
- Look at all of the illustrations in this book. Why do you think the illustrator made them this way?
- In the story, the author said even though we do not all look the same, we all have a place in this world. Tell me what you love most about yourself.
- Describe a situation in the story where the characters demonstrated kindness to each other.
- One affirmation was repeated in this story: I am _____.