



# I AM ENOUGH

## GRACE BYERS

### SUMMARY

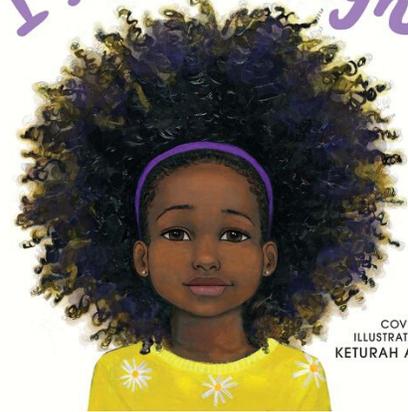
A sweet reminder of the worth of each individual on this planet, this book teaches kids all about self-love and aspects of self-care. It also shows them and reminds them of the worth of others and ways to show others their value. No matter what someone looks like or where they come from, we are all valuable and worthwhile, and this book very simply states and teaches that lesson to kids.

### Questions:

1. Do you ever sing and play and act silly with your friends? How does it make you feel?
2. Do you do any martial arts or learning to fight? Would you ever use that to hurt someone? Can you know how to fight and still have love in your heart and treat others with kindness?
3. How would you feel if it was you with that red wagon? With all the things you love piled inside and the wind blowing hard and the rain falling in your face? Would you want to leave the wagon behind and run as fast as you can for shelter? Would you do it?
4. How would you feel if you were winning a race and fell at the finish line? What if you were working on a big project and it failed right at the end? Has that ever happened to you? What should you do if you see it happen to someone else?
5. How do you think she felt when he friends sat by her side and helped her? Did they care more about winning or being sure that everyone is okay? Which is more important- being the winner or being kind?
6. Is it okay to disagree with people? Can you still be friends even if you disagree about something? If you do disagree, how should you act? Should you still do your best to be respectful and kind?
7. Does what you look like have anything to do with who you can be friends with? Can you have a lot in common with someone even if they look completely different from you?
8. We are all different from one another in so many ways, but we are also all the same in so many ways. Are the differences in how we look more important than the similarities in our feelings? Can the little differences ever add up to more than the big similarities?
9. "I am enough" doesn't seem like a big thing to say, but does it feel big? Have you ever felt like you're not good enough or smart enough or funny enough? Is it always easy to remember that you are good enough just as you are? Is it always easy to remember that nobody is perfect? Should we help each other remember?

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