

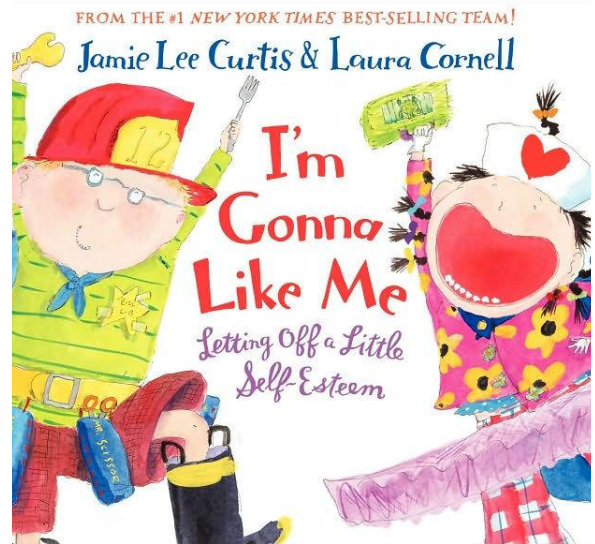


I'M GONNA LIKE ME

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SUMMARY

This book helps kids to learn about loving themselves and having good self-esteem. It doesn't just pump them up about the ways in which they are good, but teaches them how to love themselves even when others might be mad at them or when they make mistakes. Self-esteem will carry a kid through their life and make things so much easier on them, and resources like this that help them to build that good self-esteem are invaluable.



Questions:

1. Do you always love yourself right away when you wake up in the morning? How do you usually feel in the mornings? Is everyone a morning person?
2. Do you like to wear a lot of the same types of things as everyone else, or do you have your own look that's different? If somebody dresses differently from everyone else should you make fun of them for it? Or should you celebrate their bravery and creativity in being their own person?
3. Is it easier to like yourself when you get the answers right or when you get them wrong? Why is it easier to feel like you are special and like you matter when you're right? Does that mean you're a bad person when you're wrong, or does everyone make mistakes? Does everyone gets things wrong sometimes when they're learning?
4. Is it easy to like yourself when you fall down? What should you do to help someone who has fallen when they were trying to do something cool? What should you do to help someone who's fallen and is hurt? Can you help heal their body and their heart? Can you heal your own heart?
5. How does it feel to be picked last in a game? How can you make it so nobody has to feel like that? What should you do when someone else feels that way? Can you like yourself even when you're not good at something and get picked last?
6. When you do the right thing, is it easy to like yourself? How does doing the right thing feel for you? How does it feel for the person or people you helped?
7. Did you ever get a 'Get Well Soon' card? How did it make you feel? Is it good to make those cards for sick friends?
8. Is it important to feel that others like you and love you in order to like yourself? Is it easier to like yourself if others like you too? So if you like people or love them, should you tell them? Will telling them help them feel like they like themselves more? How does it feel when people tell you they love you or like being your friend? Should we work to make others feel that way?