

*Beautifully Me*  
**Discussion Guide**  
Grades Pre-K – 3rd

**Before Reading: to activate schema, build background knowledge, and set a purpose.**

- Explain terms like self-esteem and body image. Discuss how everyone has thoughts and feelings about their own bodies, and why it's important to think kindly about oneself and others.
- Ask, "Why do you think it's important to feel good about yourself?". This can set a reflective tone for the reading.

**During Reading: to engage students, check for understanding, and make connections.**

- What do you think Zubi feels when she hears her family talking about their bodies?
- What did Zubi's family do after she shared her feelings at dinner?
- What does this book teach us about how we should talk about ourselves and others?
- Have you ever felt like Zubi? What happened and what did you do?

**After Reading: to summarize, question, and reflect.**

- Ask: What does 'beautifully me' mean to you? Encourage students to explore their thoughts on self-acceptance and uniqueness. Have them reflect on what makes them special and different from others, emphasizing the importance of loving oneself as they are.
- Have students write a letter to themselves highlighting what they love most about who they are. For younger students, encourage them to draw a self-portrait that showcases their favorite features or qualities, adding words or phrases around it that describe what 'beautifully me' means to them.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, characters, or content.