

*BIG*  
**Discussion Guide**  
Grades Pre-K-5

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

- This book explores themes of self-acceptance and body positivity. Before reading, ask your students what it means to be big. Use RIF's [BIG Anticipation Guide](#) to activate students' prior knowledge, build curiosity about the topic, and set a purpose for reading.
- Say, "In this story a girl has a big laugh, a big heart, and very big dreams. But one day, the girl is made to feel small. As we read, think about the ways that the girl learns to love herself in BIG ways."

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

- What do you think it means when the author writes, "And it was good" about being big?
- Pause and notice some of the words written in pink swirly font. How would you describe the girl in the story?
- What happens to the girl on the swing? How does she feel? Use details from the pictures and words to support your thinking.
- What does it mean, "it made her feel small"?
- How does the girl feel about being a mountain in the dance performance? Use details from the pictures and words to support your thinking.
- Several of the pages include illustrations and no words. Pause on each page so your students have time to view and interpret each page. Then ask, why do you think the author chose to only have illustrations and no words? What is the girl thinking and feeling in these pictures? How do you know?
- What does the girl do with the hurtful words? How do people respond?
- How does the girl feel at the end of the story? What makes you think that?

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

- Return to the anticipation guide and reread the statements to complete the "after" column. How has your thinking changed?
- This book includes beautiful illustrations and words using chalk pastel. Have your students create their own beautiful pictures and words by creating Positive Affirmation Self-Portraits. Using chalk pastels, or any drawing material you'd like, have your students create a picture of themselves. Then, have them write positive words to describe themselves around their portrait like the girl on the final page of the book.

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 books about self-acceptance such as [Beautifully Me](#) and [Listening With My Heart: A Story of Kindness and Self-Compassion](#).