

I Am Enough

READ ALOUD GUIDE

Themes: Self-Acceptance, Wellness

Book Brief: An ode to loving who you are, respecting others, and being kind to one another. We are all here for a purpose. We are more than enough. We just need to believe it.

Author:
Grace Byers
Illustrator:
Keturah A Bobo



BEFORE READING

The Cover: Read the title. Ask students how the title makes them feel.

The Pictures: Take a brief picture walk and ask students what they see, think, or wonder about the story.

Vocabulary: [Vocabulary Guide](#)

Prior Knowledge: Ask students to Think-Pair-Share about a time that made them feel good about themselves.

Purpose for Reading: “As we read, listen to how the girl speaks about herself and what she thinks about herself.”

DURING READING

Check for understanding & make connections:

- What does the little girl compare herself to?
- What activities does the little girl do?
- What do you do to make yourself feel better?
- What happens when the girl loses the race?
- Have you ever had to work hard for something? If so for what?

AFTER READING

Our Purpose: How did the main character show positivity through tough situations?

Extending Our Thinking: What can we say to ourselves when we are feeling down to encourage ourselves? With a partner, come up with three sayings to tell yourself when you are upset!

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.