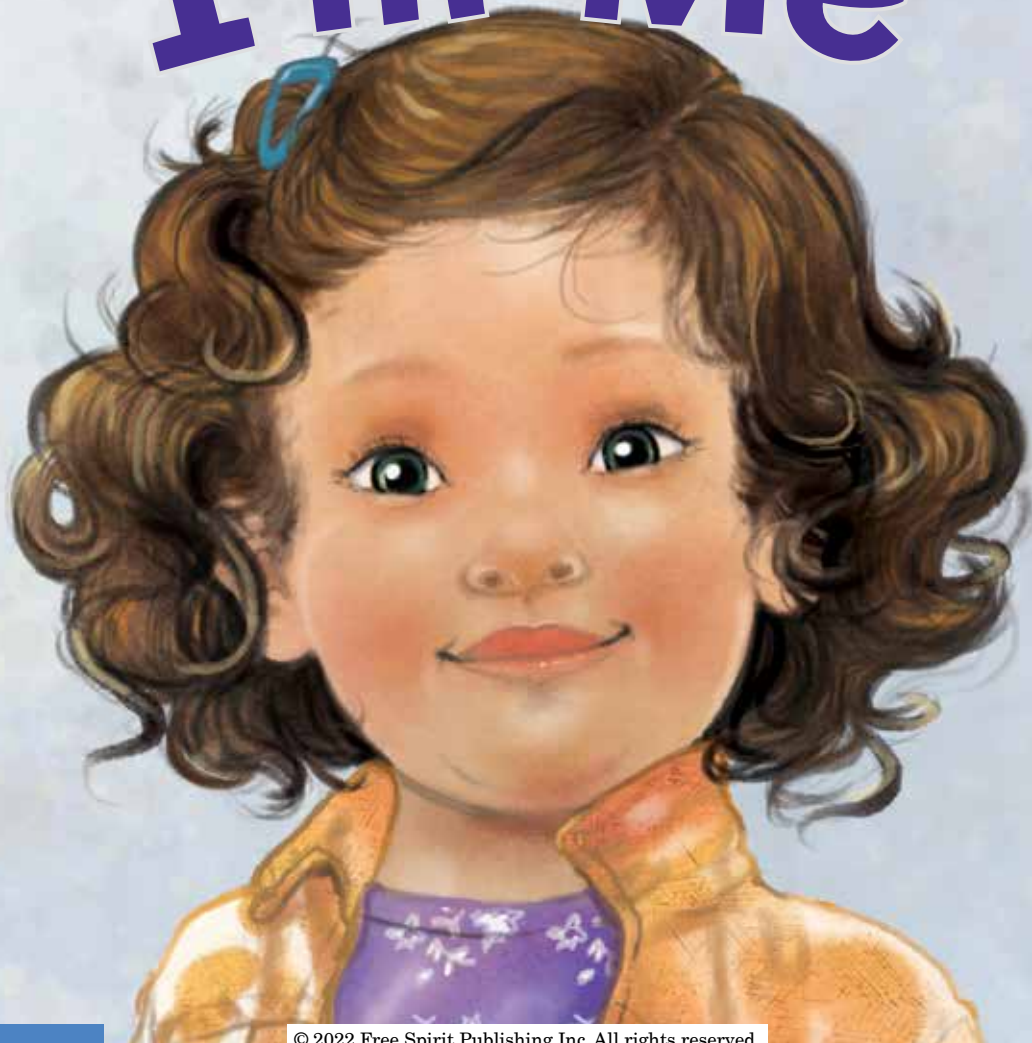


# I'm Me



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Cheri J. Meiners, M.Ed. • Illustrated by Penny Weber

I like being me.  
I know I **matter**.





I feel **loved** and important  
just the way I am.

# Tips and Activities for Fostering Confidence and a Sense of Self-Worth in Young Children

When children receive unconditional love, they feel safe, nurtured, and more confident. Adults can inspire confidence in children by acknowledging and respecting their inherent worth as human beings, independent of their actions. Children’s confidence also grows from the quality of their relationships and from their own efforts and achievements. This book introduces principles linked to emotional growth and confidence such as perseverance, optimism, courage, kindness, and working together. As they develop these qualities, children can learn to appreciate their own and other people’s worth. To start, read and talk about the book and its main ideas.

## **I’m me. I know I matter when:**

- I feel loved and important.
- I do important things.
- I am kind.

## **“I Matter” Questions and Role Plays**

Each time you read the book, use the following questions to talk further about the main ideas. Use puppets, dolls, or action figures to enact some of the suggestions children share.

### **I feel loved and important.**

- “Who loves this girl? Who thinks she’s special?”
- “Who loves you and thinks you’re special?”
- “What is something you like about yourself?”
- “Why do you think you are special to your family?”
- “What does it mean to feel important?”

Help children see that to feel important means you know that people care about you, that you matter to them, and that being who you are makes you important and special, apart from anything you do.

### **I do important things.**

- “What is something you can do now that you couldn’t do when you were a baby?”
- “What is something new you’ve tried? How did you like it?”



- “What hard thing have you kept trying to do?”
- “When have you worked with someone to do something important?”

Ideas might include getting dressed, helping with chores, riding a scooter, or waiting patiently.

### **I am kind.**

- “Think of a time you did something nice for someone. What happened? How did you feel?”
- “Who can you be kind to? What can you do to be kind?”

## **“I’m Important” Posters**

Help children make pictures that remind them of happy scenes with their family or classmates. Children might make drawings, paste pictures from magazines, or decorate photos you’ve taken of them doing various activities. Attach the photos to small poster boards so each child has a personal collage.

Discuss the pictures. What is happening? How does that help the child feel loved or important? Record their answers on the poster. Display the posters and refer to them often, reminding children of their importance and contribution to you and your family or group.

For additional ideas, go to [freespirit.com/2beme](https://freespirit.com/2beme); use the password **4confidence**.

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