

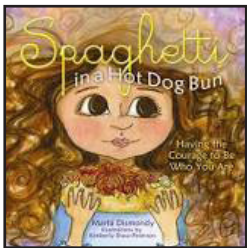
BOOKS are my SUPER POWER

Books about the Power of Self-Confidence and Courage

Self-confidence and courage are Super Powers! Children who develop a positive self-image value themselves and are certain of their abilities. Self-confidence allows children to try new things, and even risk failure, because they trust their own resiliency.

A healthy dose of self-confidence does not mean children boast about talents and accomplishments, but rather, it is quietly knowing that they are important, and deserving of love and happiness. With self-confidence, children can be courageous! Courage does not always come easy, especially in difficult situations, but it is a powerful trait that can be practiced.

Recommended for Read-Aloud

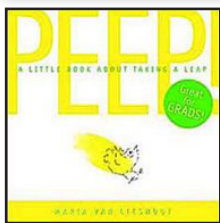


Spaghetti in a Hot Dog Bun: Having the Courage To Be Who You Are

written by Maria Dismundy, illustrated by Kathy Hiatt

This charming story empowers children to be proud of themselves, be true to themselves, and stick up for others. Little Lucy is faced with a challenging situation and her *Super Power of Courage* helps her do the right thing.

Preschool–grade 5

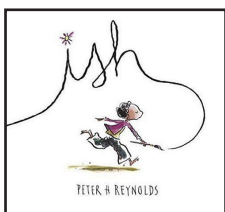


Peep! A Little Book About Taking a Leap

written and illustrated by Maria van Lieshout

Being brave isn't always easy! When Peep is out for a walk with his family, he is stopped in his tracks by a challenge too big! Young children will empathize with this little bird, as they too are learning big and small acts of courage.

Preschool–grade 3

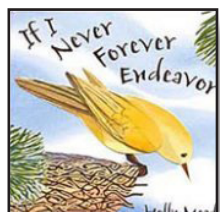


Ish

written and illustrated by Peter H. Reynolds

When Ramon's happiness from drawing is suddenly spoiled by a careless criticism by his older brother, he suddenly sees himself and his world differently. Luckily, with the help of his sister, he discovers something much more valuable than getting things just "right."

Preschool–grade 2

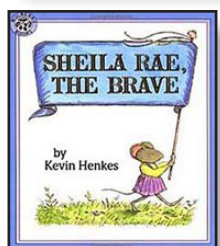


If I Never Forever Endeavor

written and illustrated by Holly Meade

Part of growing up sometimes means taking risks with the end result being success or failure. It takes courage to try something new. In this beautifully illustrated book, a young bird considers whether or not he's ready to give his wings a try. It offers a gentle nudge for children to be brave, to dare, to try, to fly!

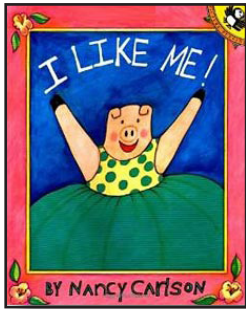
Preschool–grade 3



Sheila Rae, the Brave

written and illustrated by Kevin Henkes

This warm, humorous, and loving story illustrates that everyone, no matter how brave, needs help from time to time. *Preschool–grade 4*



I Like Me!

written and illustrated by Nancy Carlson

A charming and exuberant pig is happy and proud to be herself! With repeated expressions of positive reinforcement throughout the book, children understand the power of self-confidence.

Preschool–grade 1

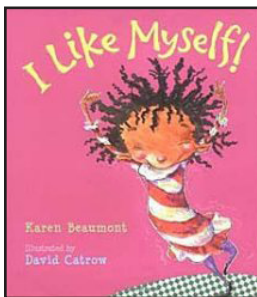


Rosie Revere, Engineer

by Andrea Beaty, illustrated by David Roberts

Rosie, an inventor, discovers there are valuable lessons to be learned when things don't always go as planned. Perseverance and self-assuredness can lead to wonderful things, and failure only truly happens if you quit.

Preschool–grade 2

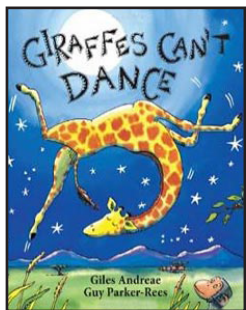


I Like Myself!

written by Karen Beaumont, illustrated by David Catrow

This is an endearing, high-spirited book about a little girl who knows what really matters—appreciating everything about herself. This story about self-esteem encourages children to celebrate their own wonderfulness!

Preschool–grade 3

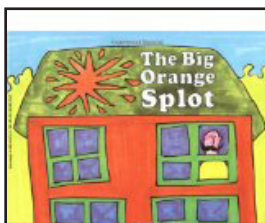


Giraffes Can't Dance

by Giles Andreae, illustrated by Guy Parker-Rees

Gerald Giraffe would love to dance, but it's not easy when your knees and legs aren't exactly designed for it! But, Gerald is confident he can find a way. This inspirational story encourages children to believe in their dreams.

Preschool–grade 1

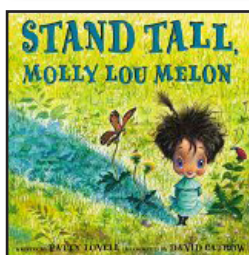


The Big Orange Splot

written and illustrated by Daniel Manus Pinkwater

One day a seagull drops a bucket of orange paint on Mr. Plumbean's house. The neighbors expect him to repaint it so it matches theirs. But in this story about self-expression and individuality, we learn that having the courage to stay true to yourself can have beautiful results.

Preschool–grade 3



Stand Tall, Molly Lou Melon

written by Patty Lovell, illustrated David Catrow

Molly Lou Melon was always told by her grandmother to smile big, sing loud, and be proud of herself, which is just what she does. And when she is confronted by a bully, her self-confidence and courage help her to do the right thing.

Preschool–grade 3

Ideas to Extend the Power of Books in the Classroom

Super Power: Self-Confidence and Courage

Start by reading a selection of books that underscore the themes self-confidence and courage. Bring these books to life through activities and experiences that provide ways for children to practice the *Super Powers of Self-Confidence and Courage* introduced in the stories.

Create Opportunities to Celebrate and Practice Self-Confidence and Courage

“I Can - I Am” Boxes for Days When Children Need a Lift!

After talking to children about their *Self-Confidence Super Power*, create “I Can - I Am” boxes or cans. Encourage each child to decorate a lidded container or empty tissue box. Give each child several slips of paper. Ask the children to write something they do well or something they like about themselves on each slip (ex. I can draw the moon, or I am nice to my friends). Put these slips in the decorated container. When a child is having a challenging day, encourage him or her to open the container and read about all of his or her super powers!

I Felt Brave When...

Ask children to tell or write stories about times when they used their Courage Super Powers and felt brave. Did they sleep in the dark? Did they try a strange, new food? Did they stand up for themselves or friend?

What I Like About Me

To focus on the *Self-Confidence Super Power*, have children draw self-portraits. Ask them to write words that describe what they like about themselves all around the portrait. Their words of self-confidence will frame their faces!

Chain of Compliments

How can you teach a child to be a good friend and classmate? How does a child feel when he or she makes someone happy or cheers someone up? Being helpful and friendly to others make children feel important and good on the inside. One way to make others feel good is to say something nice about them. Those nice words are called compliments.

Make a chain of compliments with your class (and encourage children to do the activity with their families) to get some practice giving and receiving compliments. On strips of paper, ask children to write something nice about a friend or classmate. Create a chain for each child by linking the compliments said about him or her together. After reading the compliments, be sure to encourage the children to thank those who complimented them.

Take a Courageous Trip Together!

Read and act out the story, "We're Going On A Bear Hunt"
by Michael Rosen, illustrated by Helen Oxenbury

Lyrics (echo in brackets)

We're goin' on a bear hunt
(We're goin' on a bear hunt)
We're going to catch a big one,
(We're going to catch a big one,)
I'm not scared
(I'm not scared)
What a beautiful day!
(What a beautiful day!)

Uh-uh!
Grass!
Long wavy grass.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Swish swash! Swish swash! Swish swash!

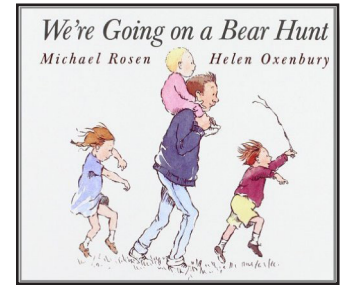
Chorus: We're going on a bear hunt...

Uh-uh!
A river!
A deep cold river.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Splashy sploshy! Splashy sploshy! Splashy sploshy!

Chorus: We're going on a bear hunt...

Uh-uh!
Mud!
Thick oozy mud.
We can't go over it,
We can't go under it.
Oh no!
We've got to go through it!
Squelch squerch! Squelch squerch! Squelch squerch!

Chorus: We're going on a bear hunt...



Uh-uh!
A forest!
A big dark forest.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Stumble trip! Stumble trip! Stumble trip!

Chorus: We're going on a bear hunt...

Uh-uh!
A cave!
A narrow gloomy cave.
We can't go over it.
We can't go under it.
We've got to go through it!
Tiptoe! Tiptoe! Tiptoe!
WHAT'S THAT!
One shiny wet nose!
Two big furry ears!
Two big googly eyes!
IT'S A BEAR!

Quick!
Back through the cave!
Tiptoe! Tiptoe! Tiptoe!
Back through the forest!
Stumble trip! Stumble trip! Stumble trip!
Back through the mud!
Squelch squerch! Squelch squerch! Squelch squerch!
Back through the river!
Splashy sploshy! Splashy sploshy! Splashy sploshy!
Back through the grass!
Swish swash! Swish swash! Swish swash!
Get to our front door.
Open the door.
Up the stairs
We made it!
Were you afraid?