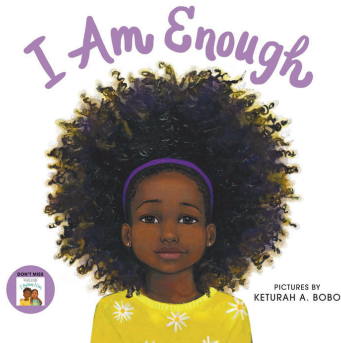


#1 NEW YORK TIMES BESTSELLER  
GRACE BYERS



# I Am Enough

Written by: Grace Byers

Illustrated by: Keturah A. Bobo

## Concepts

This book provides an excellent opportunity to initiate productive discussions about:

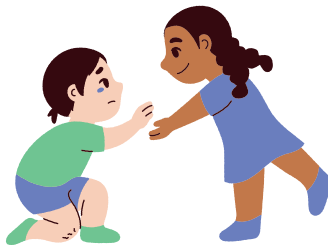
- Self-worth
- Self-love
- Embracing differences
- Resilience
- Diversity
- Inclusion
- Empowerment

## Takeaway

Resilient people know the importance of respecting, loving, and being kind to one another and ourselves.

This book celebrates our differences through use of simile and illustration. *I Am Enough* educates readers about empowerment, the celebration of diversity, and the importance of supporting ourselves and one another. This is increasingly important as our world is a diverse mosaic of people and cultures. Learning to not just coexist, but to love and embrace people that look different from us and loving ourselves when we are different are vital lessons in *I Am Enough*

*“I know that we don’t look the same: our skin, our eyes, our hair, our frame. But that does not dictate our worth; we both have places here on earth.”*



## Activities to try at home:

Use one or more of the attached activities to strengthen your child’s understanding of this book’s lessons.

1. **I Am Like...**
2. **Passion Reflection**

Flip for [Conversations to Have at Home](#)



**RESILIENCE  
GROWS HERE**

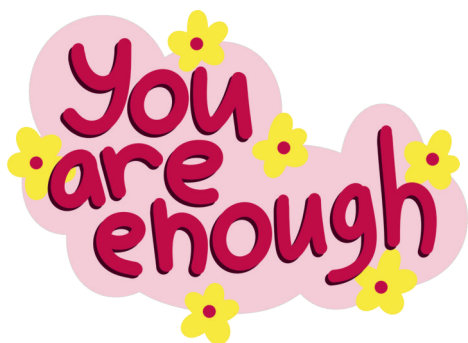


# Conversations to Have at Home:

You will always be around people that are different from you. It's important to discuss diversity and inclusion with our children. When we learn about others' cultures and identities, it allows us to connect deeper and love those around us.

## Consider these ideas when discussing this book with your child:

- Emphasize to your children that differences are to be celebrated.
  - No matter how different we are from one another, it's also important to keep in mind that we most likely share more similarities with others than we'd expect.
  - We are all Enough.
- Remind your child that there are many things to love about them.
  - Teach them that it's not selfish to love ourselves.
  - Model positive, personal affirmations.
- *I Am Enough* reads, **"Like the winner, I'm here to win, and if I don't, get up again."**
  - Remind your child that failure is a stepping stone to success.
- Help your child discover and learn about different cultures.
  - From something as big as international travel, to something as small as eating different food could make lasting impressions on your child.



For additional *Resilience Grows Here: At-Home* book recommendations, visit [fvhd.org/community-health/rgh/books](https://fvhd.org/community-health/rgh/books)

For additional mental health support, visit [fvhd.crediblemind.com](https://fvhd.crediblemind.com)

# I Am Like...

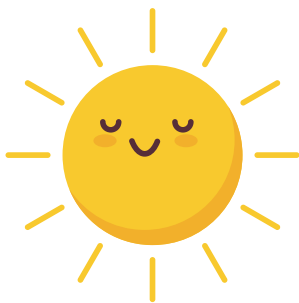
In the beginning of the book, Byers uses various similes to describe the main character:

**“Like the sun, I’m here to shine.”**

**“Like the heart, I’m here to love.”**

Write down a list of characteristics that you love about yourself. Then, find something that shares that trait (e.g. I am energetic like a puppy).

- I am \_\_\_\_\_ like \_\_\_\_\_
- I am \_\_\_\_\_ like \_\_\_\_\_
- I am \_\_\_\_\_ like \_\_\_\_\_
- I am \_\_\_\_\_ like \_\_\_\_\_
- I am \_\_\_\_\_ like \_\_\_\_\_
- I am \_\_\_\_\_ like \_\_\_\_\_



## Takeaway:

Resilient people know that self-love is not selfish.

# Positive Affirmations

To help us internalize the message that we are valuable, unique, and “enough” just as we are, this activity encourages us to look at ourselves with kindness and confidence. Think of several different positive affirmations you can tell yourself and write them here:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

Go even further by writing these on sticky notes and placing them on your bathroom mirror so that every time you see yourself, you're also reading kind words to yourself!

## Takeaway:

Resilient people know that self-love is not selfish.