

**Skill Area(s):**  
 Feelings and Emotions  
 Perspective Taking

# I'm Gonna Like Me

By: Jamie Lee Curtis

**Level:** beginner, intermediate, advanced

**Goal:** to help children learn about “self esteem” and how the way we think about ourselves affects the way other people think about us as well.

**Materials needed:** “I'm Gonna Like Me” by Jamie Lee Curtis

## Activity:

Before discussing and reading this book with the children, first talk with them about how they feel about themselves. They may not know what you mean by this so explain it to them. Discuss things that they like and things they don't like. Make sure to include activities they like to do and ones that they are good at. Now introduce the book “I'm Gonna Like Me”. Read the book to them and as you read ask for help from the children. Ask things like, “Can you think of a time you felt this way?”, “Have you ever made a mistake like this?”, “What did you do?”, ect...

After reading the book, have the children make a list of things they are good at, enjoy doing, things that they like about themselves. Tell them that most people have some of the same and some different interests and things that they like to do. Help them to realize that not everyone is good at everything and that they may have an interest or activity that they really like but are not as good as they'd like to be at it. Talk about ways to find things about yourself that you like (i.e. exploring a new activity, focusing on good characteristics about yourself, ect...). Then begin to discuss that when you feel good about yourself that this is call a positive self-esteem. This is a big word and most children do not know what it means, so helping them to understand this is important.

## Follow-up Activity:

- Could make an “All About Me Book” that focuses on the children likes, dislikes, family, activities of interest, activities they'd like to learn about, their future goals, ect... You can use pictures of themselves, their families, friends, projects they've made, ect... Get creative!!!
- Help them to find others that have similar or common interests in the group, their classroom, or wherever they can. Explain to them when they know activities and things they like to do and feel good about that they can try to relate these to other people. Help them to understand that this is a good way to find small clubs or groups to help them make friends. This is a good activity to use prior to discussing conversation skills, relating to others, and how to develop friendships.