

## Sense of Self

This book describes the unique features and functions of human skin.

CORE SKILL OBJECTIVES	INTENTIONAL TEACHING PRACTICES	
	<b>Children will:</b>	<b>Teachers will:</b>
<b>RELATE</b> 	<ul style="list-style-type: none"> <li>Show awareness about self</li> <li>Understand characteristics of self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Embrace similarities and differences by commenting on variations in the skin tones of the characters in the book.</li> </ul>

### TEACHING TIP

Children with more positive views of themselves tend to be more motivated and engaged, so it is important for children to start developing positive feelings about themselves from an early age. Teachers can help children embrace their similarities and differences from others by sharing books that show skin colors in various tones, rather than avoiding the subject of diversity. When teachers comment on illustrations that show people with a variety of skin tones, they provide opportunities for children to be proud of themselves and to embrace others.

### 1. INTRODUCE

- “When you look at your hands, arms, and legs, you can see your skin (*hold out your arm and smooth your hand over your skin*). We **all** have skin that covers our bodies. This book is called “Happy in Our Skin,” and as we read, we will hear ways to describe, or talk about, our skin and the many reasons to be glad that we have the skin we’re in.”

### 2. READ THE BOOK

- Pause 3 times to comment on the skin tones and features mentioned in the book, as well as those of the children listening.

Embrace Similarities and Differences 		
<p><b>Read:</b> “Ginger-colored babies, peaches and cream, too – splendid skin for me, splendid skin for you!”</p> <p><b>Comment:</b> “Skin comes in many different colors or shades. Sometimes, it can remind us of a food like cocoa, honey, or peaches.”</p>	<p><b>Read:</b> “Sometimes skin has freckles or birthmarks or dimples.”</p> <p><b>Comment:</b> “Dimples, birthmarks, and freckles make skin unique, or special. I have a freckle on my arm right here. Do you have something like this?”</p>	<p><b>Read:</b> “What a wonderful world! Such a hullabaloo – with all of us in it! See the splendid view.”</p> <p><b>Comment:</b> “Everyone has skin. My skin looks the same as this person’s skin here in the book (<i>point to illustration</i>) and different from this person’s skin here (<i>point to illustration</i>). I see skin that is light, tan, and dark. Every shade of skin is beautiful.”</p>

### 3. REVIEW

- “There are so many ways to describe our skin! Our skin is important because it keeps our bodies safe and helps us feel warm touches from others. Give me a thumbs up if you’re happy in your skin!”

### 4. KEEP IT GOING

- Provide crayons and colored pencils in an array of skin-toned colors at the Writing Center and during Journal Time. When children draw people, prompt them to think about and select colors that resemble the skin tones of the people in their pictures.