

# *I Am Enough* DISCUSSION GUIDE

## Learning Objective:

To use *I Am Enough* to help students understand that they too are enough.

## Forms of Assessment:

Discussion Questions + Activity

## Materials:

*I Am Enough* Printout Activity

## Instructions:

1. Read the book *I Am Enough* aloud to your class.
2. After reading aloud, pose the following statements and questions to your students.
  - Please share some of the ways that you believe you are enough.
  - Turn to the person next to you and exchange a compliment.
    - How do you think your compliment helped your classmate?
    - What was their reaction when you complimented them?
    - How do you think compliments make people react?
    - How do you feel when someone compliments you
  - The author writes, "I know we don't look the same."
    - What is the golden rule?
    - How do we treat people who are different from us?
    - When things get tough, what does the author want us to do for each other?
    - What does the author want us to remember if things get tough for us?
3. Share the class activity printouts as a follow-up to your discussion.

