

# #TundraTime Activities



Hardcover | ISBN 9781774880234 | 48 Pages  
Age: 3-7 years | Preschool-Grade 2

## ABOUT THE BOOK

Your self is the only self you have, and my self is not your self . . . but what is a self? Whatever it is, it's what makes you *you*!

From the way you button your coat to the way you tap your toes, from the top of your head to your adorable tummy, there are so many reasons to love your self, and so many reasons to be loved.

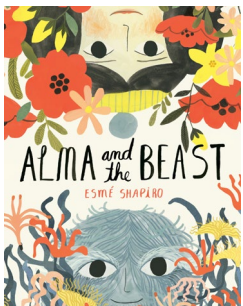
Join a group of endearing forest creatures as they bake and eat cranberry-butter-pie muffins, sing silly songs at bath time and stop to smell the chestnut-nettle roses, all the while exploring their individuality. This joyously affirming picture book from the inimitable Esmé Shapiro encourages the youngest readers to get to know and love and be kind to their wonderful selves and the equally wonderful selves around them.

## KEEP THE CONVERSATION GOING

Here are some ideas, activities and questions to consider after you've read the book:

- Everyone is a little bit different. What's one thing different about your self that you like? Name three things that you like about someone else's self and create a poem inspired by them!
- What is something that you do to be kind to your self? What is something that you do to be kind to someone else's self?
- The narrator of the story likes the way their friend makes cranberry-butter-pie muffins to share. With a parent or guardian, make your favorite kind of muffin to share with your friends and family.

## YOU MAY ALSO LIKE:



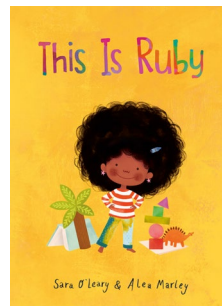
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## ACTIVITY

Some of the forest creatures in this book have their own special hat. Using the blank space below, draw your own special hat or item of clothing! What does it look like, and what does it say about you?



*My Self, Your Self* by Esmé Shapiro · ISBN 9781774880234

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## ★ ACTIVITY ★

The forest creatures spend time painting mushrooms red and yellow. With crayons and paper, draw mushrooms of your own design in your favorite colors.



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