

# Beautiful You, Beautiful Me

Activity Guide by Christine M'Lot and Mary Swain

## About the Book

*Beautiful You, Beautiful Me* is a beautiful and accessible new picture book that explores the feelings of a mixed heritage child starting to notice physical differences between herself and her mother. With time, she comes to realize beauty and belonging come in all shapes and sizes and that mothers and children do not always match.

## About the Guide

This guide is designed for educators, librarians, caregivers, and others to facilitate conversations and lessons on the topic of celebrating differences.

Young learners will be prompted to notice, reflect on, and celebrate all the differences that exist in the world around them – from plants, animals, and objects to people and families. Embracing diversity at a young age can help children grow into self-assured, accepting, kind adults.

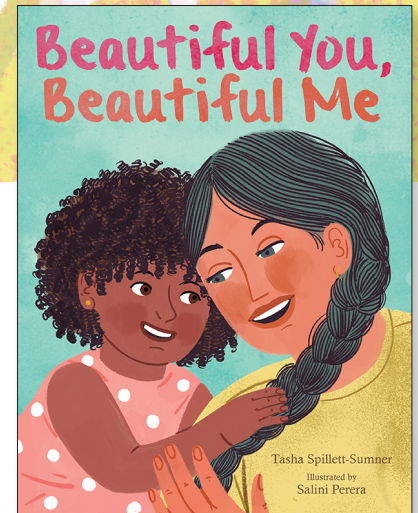
## About the Writers

Christine M'Lot is an Anishinaabe educator and curriculum developer from Winnipeg, Manitoba who develops Indigenous education resources for all educators. Mary Swain is an Anishinaabe Early Childhood Educator (ECE 3) from Swan Lake First Nation, starting her 38th year at her daycare centre. This niece and aunty duo collaborated to create this resource to inspire caregivers to help children celebrate diversity.

## Activity 1: Talk Time

Talk time can happen one-on-one with a child, or with a group of children.

- After reading *Beautiful You, Beautiful Me*, talk about different physical characteristics you each have. Talk about hair color and texture, eye color, skin color, people with different abilities (ex. some people use wheelchairs), different ways of dressing, different heights, etc. Make sure to use positive, inclusive, and appropriate language when discussing differences.
- Talk about how people can have different preferences too (ex. I like apples, you don't).
- Take turns complimenting each other, prompting children to say one nice thing about someone else to celebrate the diversity that exists in your space (ex. I like your brown hair; I like your green t-shirt).



Written by Tasha Spillett-Sumner, illustrated by Salini Perera, © 2022 Owlkids Books Inc.

**KEY CONCEPTS:** Identifying Characteristics, Celebrating Differences, Culture and Identity



## Activity 2: Art Activity

- After reading *Beautiful You, Beautiful Me*, have children lay down on a surface where their body shape can be traced (chart paper can be used if indoors). The tracing can be done with either chalk or markers, depending on where the activity takes place.
- Have children decorate their bodies showcasing uniqueness through physical characteristics and clothing style.
- Spend time walking around looking at everyone's creations. Tell them that even though everyone created a person who looks different, we are all still part of the human family. Just like there are many different crayons in a box, we all still belong.

## Activity 3: Identifying Characteristics


- After reading *Beautiful You, Beautiful Me*, take children outside to see what differences they can spot in plants, animals, and people.
- First, see what plants are visible. Do all trees look the same? Do all flowers look the same? Do all bugs look the same? What's different about them?
- Next, see what type of human and animal families they can find. How are baby animals different from their parents? How are human children different from their families?
- For older children, have them research animal families. What are the parents called and what is the baby called? How are they similar and different from each other?

## Activity 4: Culture and Identity

- After reading *Beautiful You, Beautiful Me*, ask children if they know what the word “culture” means.
- Inform children that different people belong to different cultures around the world. Culture includes aspects of a person's identity such as the region people are from, the food people eat, the music people listen to, the events people celebrate, and more.
- Share a bit about your family's culture.
- Inform children that people can belong to more than one culture, just like Izzy in the book.
- Ask children if there is anything they want to share about the culture(s) they belong to.

## Activity 5: Draw Your Family

- After reading *Beautiful You, Beautiful Me*, invite children to draw a picture of their family.
- After children draw their families, hang up their drawings around the room for all to see.
- Ask children what they notice about all the different families that people belong to.
- Discuss all the different family types that can exist in society – including foster families, adopted families, children living with extended relatives, children with two moms or dads, blended families, and so on.



Christine M'Lot (left)  
and her aunt,  
Mary Swain (right)



*Beautiful You, Beautiful Me* author  
Tasha Spillett-Sumner (left)  
and her daughter, Izzy (right)