

BOOK OF THE MONTH:

Happy in Our Skin

by Fran Manushkin and Lauren Tobia

Ages: 2-6 years old

1. Introducing the Book:



Exploring the Cover

**When presenting the book, be sure to highlight its title and to share the names of the author and illustrator!*

There are many people on the cover of this book. Are they all the same or are they all different? What are some of the differences between these people (their age, their height, the color of their skin, their clothing, etc.)? Everyone is different and unique, but equally important.

Building Background

The title of this book is "Happy in Our Skin". What is skin? Our skin helps us feel and provides protection. There are many skin colors. The color of the skin is due to a pigment called melanin. The more this pigment is present in the skin, the darker it appears. Melanin protects us from the sun's rays.

2. Reading the Book: Interactive Reading

While you read the book, take a moment to explore the following concepts:

- While reading about babies of all skin colors, take a moment to talk more about skin tones. Some babies have darker skin and some babies have lighter skin. All skin tones are equally beautiful!
- At the end of your reading, invite the children to hug themselves, take a deep breath in and exhale, and then say "I am happy in my skin."

3. After Reading the Book: Amazing Me!



- Practicing gross and fine motor skills;
- Practicing body and spatial awareness;



- Practicing creative self-expression by means of art;
- Building positive self-identity.



Materials:

- Colorful chalk

Bring some chalk outside with the children and find a space where you can draw easily. Invite the children to lie down and help them create a chalk outline of their body. If the activity is done with multiple children, they can take turns helping each other. Once the chalk outline is done, color it in and decorate it to create the best creative portrait of self.

Sunscreen Fun



- Building a sense of competence in completing daily tasks;
- Practicing autonomy in personal care;
- Practicing initiative and decision-making;
- Learning about the natural and physical world.



Materials:

- Sunscreen

Our skin protects us very well, but we must also take good care of it and protect it! Turn sunscreen application into a fun game for the children by creating fun designs and drawings on the skin using sunscreen. If you have more time to spare, play a game of drawing on the back (with sunscreen) for the child to guess which design you have created. Don't forget to rub the sunscreen in once you are done with the game!

References and Resources

[UNICEF - Talking to your kids about racism](#)

Legend



Cognitive



Socio-emotional



Language



Physical