



PROUD TO BE ME!

Discussion Guide for Parents & Caregivers

About:

After you've read "Proud to Be Me" with your child, you can enrich the experience by asking follow-up questions and engaging in open and honest conversation about the topics of self-esteem, confidence, and acceptance.

Use some or all of the questions on the right as a starting point and then allow time for organic conversation with your little one!

Follow-Up Activity:

In addition to asking questions like the ones on this page, try this activity with your child after you've finished reading "Proud to Be Me."

- Sit or stand in front of a mirror with your child.
- Take turns saying a quote from the book out loud, such as, "I love myself just how I am. There's no one quite like me!"
- Repeat the quote five to ten times each while continuing to look in the mirror.
- Talk to your child about how this exercise makes them feel.

Try Asking:

- Do you feel proud to be you? Why or why not?
- Who was your favorite character and why?
- What was each character worried about and how did Buzz help them feel better?
- Did the story remind you of anything in your own life?
- Have you ever experienced feelings or doubts similar to any of the characters?
- What is something you are proud of?
- How are you different from other kids you know? How do your differences make you feel?
- What makes you special? What are you good at?
- How was Buzz a good friend to the other characters?
- Do you ever compare yourself to other kids and feel sad? If so, what do you think or say to yourself? Now think about how Buzz helped his friends in the book. How can we look at things differently to focus on how your differences make you special?
- What do you love about yourself?
- How can you help a friend who is feeling down about being different?