

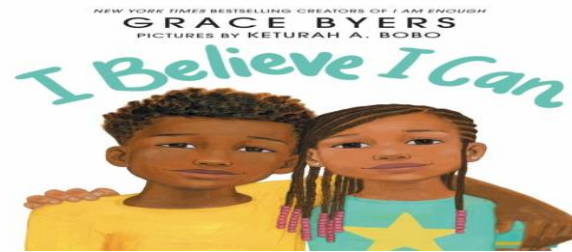
November's Book of the Month

Big Idea of the Text: *Let all kids know that, no matter their background, they can love and believe in themselves.*

The book features boys and girls of many races, ethnicities, and sizes enjoying activities by themselves and interacting harmoniously with other children. The children participate in a wide range of activities, including those that run counter to gender stereotypes: A boy takes pleasure from cooking by himself. A girl is shown as the star athlete while playing soccer with two boys. Words about setbacks are accompanied by uplifting images. Words about mistakes are accompanied by images of children trying to do better or amend bad behavior. This book can help children learn language arts, including rhyme, rhythm, and poetry.

Listen to the book:

<https://www.youtube.com/watch?v=p5Dsarw3ivw>



Questions for Discussion or Reflective Writing:

Families can talk about what it means to believe in yourself, and how that's shown in *I Believe I Can*.

What are some things you are really good at? What are some things you'd like to get better at?

What is something new you'd like to try, even though it seems hard?

What is a time you did something that was wrong?
What did you do to make things better?

I BELIEVE I CAN is a rhyming poem rather than a story. It begins with a series of positive, affirmative "I can ..." statements and similes, such as "I can stretch, just like the Alps." About midway, it reminds readers to remember, "I am brave," then shifts to some negatives: "setbacks," "mistakes," and "defeat" a child might experience, followed by encouragement to get up, dust off, and try to make things better. The ultimate message is that each of us has light and power within.