

WISCONSIN BOOKWORMS

Activity Sheet



“There’s Only One You”

By Kathryn Heling & Deborah Hembrook

This book rejoices in the specialness of each person’s beauty and ability.

Before you read this book: Ask children to look at the cover of the book and ask, “What do you think this book will be about?” and “What does *there’s only one you* mean?”

While you read this book: Young children are curious about the diversity in our world. While reading the book, talk about similarities and differences between the children in the story (e.g. hair color, hair style, skin color, etc.). Say things like, “Hair comes in many colors. What do you notice about the kids’ hair in these pictures?” Discuss different ways that feelings can be expressed (e.g. quietly, loudly, crying, laughing, etc.). Ask children what kinds of activities they like to do and point out similarities and differences between them. Talk about objects that help children to see, move, and hear (e.g. glasses, wheelchairs, hearing aids, etc.). Say things like, “Some people use wheelchairs to get around while some people use their feet. No matter how we move around, we’re all people.” Discuss how families are similar and different (e.g. small, large, children that live with grandparents, etc.).

After you read this book: Tell me some things that are special about you. Draw a picture of yourself. Create a collage of your favorite things (e.g. foods, places, activities, etc.).

Try this at home: Look at family photos or other photos and discuss similarities and differences. Read a book or watch a show or movie and have conversations about similarities and differences between people, places, and things. Be open to children’s questions and curiosity about the differences they observe and be willing to talk about them.

Additional Resources:

“Be You!” by Peter H. Reynolds

“Remarkably You” by Pat Zietlow Miller

“It’s Okay to Be Different” by Todd Parr