

This book features illustrations of diverse children describing the unique features of their skin. It encourages readers to love themselves and embrace others, no matter the color of their skin.

### CORE SKILL OBJECTIVES

### INTENTIONAL TEACHING PRACTICES

#### RELATE



#### Children will:

- ◆ Show awareness about self
- ◆ Understand characteristics of self and others

#### Teachers will:

- ◆ Acknowledge and affirm physical attributes

### TEACHING TIP

Young children are just beginning to develop a sense of who they are as being separate from others. This includes their physical attributes, personal characteristics, and interests. So, it's important to support them to develop positive feelings about themselves and others from an early age. Adults can help children appreciate human diversity by sharing books that focus on the unique features and functions of human skin. When teachers positively comment on illustrations that show people with a variety of skin tones, they provide opportunities for children to be proud of themselves and to embrace others.

### 1. INTRODUCE

- ◆ (*Hold out your arm and smooth your hand over your skin*) "We **all** have skin that covers our bodies, and everyone's skin is special and beautiful. This book is called, *The Skin You Live In.*"

### 2. READ THE BOOK

- ◆ Pause occasionally to comment on the skin tones and features mentioned in the book.
- ◆ Rather than reading the text on every page, it's okay to follow children's lead as they explore the illustrations.

### Acknowledge and Affirm Physical Attributes

**Read:** "The wonderful skin you live in!"

**Acknowledge:** "Let's look at and feel our skin. Show me your skin."

**Affirm:** "Our wonderful skin covers our whole body. (Child) is pointing to the skin on their face. (Child) is rubbing the skin on their arms. We have skin on our necks, bellies, and feet."

**Read:** "...and glows when it shows that it knows we love you skin!"

**Acknowledge:** "Everyone has skin, but it doesn't always look the same. Look at these people. They all have different colored skin. Let's look at the colors of our skin."

**Affirm:** "Our skin is all different colors. I see (Child) has tan skin. (Child) has beige skin with lots of brown freckles. (Child) has dark brown skin. Every color of skin is special."

**Read:** "...the 'You' who's within."

**Acknowledge:** "All of these children are different in many other ways and that makes them special. Let's think about what else makes us special."

**Affirm:** "(Child) says they're strong. (Child) has curly hair. (Child) likes to make us laugh. Our skin is just one thing that makes us unique. We are all special in so many ways."

### 3. REVIEW

- ◆ "Our skin is important because it keeps our bodies safe and helps us feel warm touches from others. Give me a thumbs up if you're happy in the skin you live in!"

### 4. KEEP IT GOING

- ◆ Provide crayons and colored pencils in an array of skin-toned colors at the Writing Center and during Journal Time. When children draw themselves, provide mirrors and help them find a crayon that best matches their real skin color. When children draw other people, encourage them to think about and select colors that reflect a variety of skin tones.