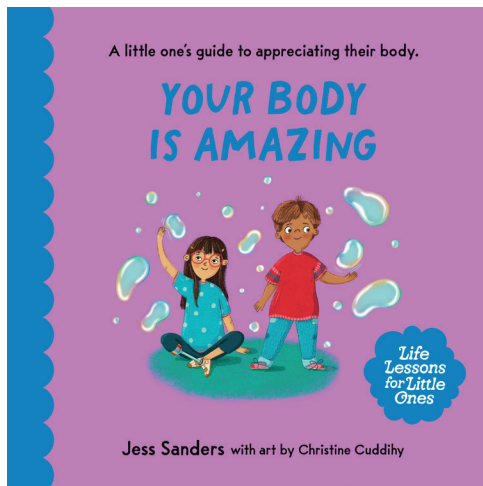




Teacher Notes

Your Body is Amazing

by Jess Sanders, illustrated by Christine Cuddihy

Teacher notes prepared by Bec Kavanagh

Publication details

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Reader ages: 4-8 years

Themes

- Bodies
- Self-confidence
- Diversity
- Inclusion
- Acceptance

About the Book

Your body is not too small, or too big.

It is not too short, or too tall.

Your body is actually amazing. Just as it is.

If you have ever felt frustrated by how your body looks or what it cannot do, you are not alone.

This book is for any child who needs a reminder to love their one-of-a-kind body for all the amazing things it can do.

From the award-winning author of *Love Your Body* and *Be Your Own Man* comes ***Life Lessons for Little Ones***: a new series that contains life's most important lessons, such as embracing vulnerability, listening to your body and embracing your uniqueness - teachings that every child (and their grown-up!) deserves to hear.

About the Author

Jess Sanders is a social worker and bestselling, award-winning author of books including *Love Your Body*, *Be Your Own Man* and the *Life Lessons for Little Ones* series. Jess has a passion for creating resources that nurture positive mental health and promote gender equality. Every project she pursues is born from the question, 'Why does it have to be this way?'. Jess is regularly invited to speak on radio and at events about her work and her books.

About the Illustrator

Christine Cuddihy has been creating stories and illustrations for as long as she can remember, having been inspired by picture books she read as a child. Christine has a BA in Fine Art, specialising in oil painting and pencil drawing. Her artistic pursuits eventually lead her to her ultimate passion – illustrating children's books. Her aim is to always make sure every child can see themselves and their families represented in her work. Christine is based in the Midlands, UK.

Before Reading

- Read the note that Jess Sanders wrote to the reader:

Dear Reader,

There is no such thing as a perfect body. Every body is different and every body has its own strengths. What makes your body amazing is not what it looks like, but what it allows you to do. It is my hope that you and your body get to experience all the wonderful things this world has to offer.

Your friend,

Jess

- What are some of the things your body allows you to do?
- Where have you seen or heard messages telling you that your body needs to look a particular way? How do these messages make you feel?
- Think about the title of the book – when do you most feel that your body is amazing?

Comprehension questions

- Is there any such thing as the perfect body?
- What does the book say makes your body amazing?
- What are some of the processes that take place in your body?
- What are some of the things that make bodies unique?
- Why might you sometimes forget that your body is amazing?
- What are some of the things you can do to remind yourself of how amazing your body is during these times?
- Why is it important to celebrate your body?
- Make a list of some of the foods you eat that make your body feel good.
- Look at the illustrations of all the bodies in the book. What are some of the different ways that they're amazing?
- What are the four ways the book tells you to take care of your body?

Literacy

• Vocabulary

- The bigger our vocabulary, the more words we have to describe the things that make our bodies amazing! Make a list of any new words you discover in the book or, if you're already familiar with them all, make a list of words that you want to introduce into the vocabulary you use to describe your body. Practice using them throughout the week.

• Verbs

- A verb is a word that describes action – we sometimes call them 'doing words'. These are particularly useful if we want to start celebrating the things our body can do rather than the way it looks. What are some of the verbs used to describe bodies in action in the book? Come up with five of your own verbs to describe your body in action.

Final reflections

- Consider the ways you can take care of your body – which of these have you done in the last week? Which will you do in the next week?
- Turn to the person next to you – tell them one amazing thing about your body.
- Has the book changed the way you feel about your body? Why/why not?

Creative Activities

- Find an image from an advertisement that sells the idea that your body needs to look a particular way in order to be amazing. What specific 'look' are they selling? Re-design the advertisement to be more inclusive of all bodies.
- Make a list of things that you think are amazing about your body. Now partner up with a friend and make another list of things you think are amazing about their body. Compare your lists. Do you discover any new amazing things about your own body that you didn't notice before?

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- You might notice that we often receive compliments based on how we look – brainstorm a list of some of these as a class. Help people to grow their compliment vocabulary by making a compliment jar – fill it with nice things you could say to someone that don't comment on how they look. Decorate each compliment individually and practice saying them to people to make their day.
 - The book reminds us that our body is constantly growing and changing, and so in the future it is likely to be amazing in new, maybe surprising, ways! Write a letter to your future self, describing what currently makes your body amazing and how you think it might change in new and amazing ways as you grow.