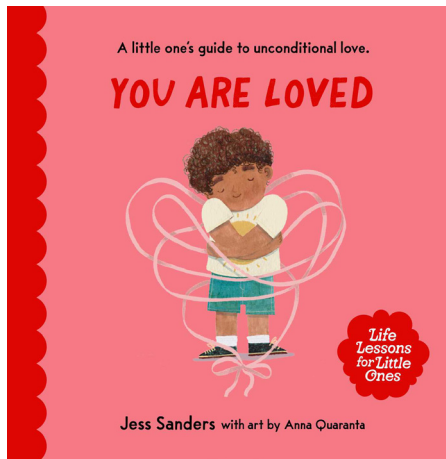




Teacher Notes

You Are Loved

by Jess Sanders, illustrated by Anna Quaranta

Teacher notes prepared by Bec Kavanagh

Publication details

Publisher: Affirm Press
ISBN: 9781923135963
Size/format: 220 x 220mm, 24 pages, HB
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Reader ages: 3+

About the Book

You are loved by your friends, those new and old.

You are loved by your family, both near and far.

And you are loved by yourself.

If you have ever felt left out, lonely, or misunderstood, you are not alone.

This book is for any child who needs a reminder that they are loved, just as they are.

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. 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

Anna Quaranta is an illustrator born and raised in northern Italy among fields and cities.

She started drawing when she discovered, as a child, that on the white wall of the kitchen a wax crayon left a very good trace. However, since her mother preferred the walls to be immaculate, she had to start drawing on a white sheet of paper instead. Since that moment, drawing has never ceased to be her strong point for communicating and translating the world.

Now she prefers watercolours and coloured pencils to create colour combinations and textures that can move sweet and nostalgic emotions.

Before Reading

- Think about the title of the book – *You Are Loved*. Do you agree with this statement? What makes you feel loved?
- The book is part of a series called '*Life Lessons for Little Ones*'. What is a life lesson? What life lessons have you learned so far?
- What is a series? What do you expect when a book is part of a series?
- Read the letter from Jess to the reader at the beginning of the book. What does she hope you'll get from reading this book?

Comprehension and Discussion questions:

- What does being loved mean? What are some of the ways we can show someone that we love them?
- Why is it so important to feel loved?
- Who are some of the people that might love you?
- What are some of the reasons the book offers for why we are loved?
- What, according to the book, is the most important reason?
- How do the characters in the book feel when they're not invited to a party? Have you ever felt like this?
- What are some of the things you can tell yourself if you're feeling unloved?
- How do you make your love grow?
- What is self-love? How can you show yourself love?
- What do you have to do to be loved?

Literacy

- **Emotional Literacy**
 - Emotional literacy is being able to understand and express feelings. Emotional literacy helps us to understand and navigate our feelings, and is the foundation for building healthy relationships with other people.
 - What feeling is this book helping us to understand?
 - Make a vocab list – what are some of the words you've learned from this book that might help you talk about your feelings?
 - Has this book helped you to understand why people might not feel loved? What could you say to someone who doesn't feel that they are loved?

- **KEY CONCEPT: SELF-LOVE**

- One of the most important people who can love you is YOU! This is called self-love. In your own words, write a definition of self-love below:

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-
-

As a group, discuss why self-love is so important.

- **AFFIRMATION**

An **affirmation** is a statement that we can repeat in order to create a positive mindset. They often begin with the phrase 'I am...'. You can turn a lot of the phrases into the book into an affirmation by replacing 'you are...' with 'I am...'

For example 'I am loved when I make a mistake...'

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Find and write your own affirmation from the book below.

yourself describing all the things you love about you. Save it for a day when you're not feeling loved.

- We all want to feel loved and we all deserve to feel love. Write your name at the top of an A3 sheet of paper, and the words 'I am loved for...' Now walk around and visit all of your classmates and write something on their poster that you love about them. Come back to your own page and discover all the reasons people love you!

Try saying it aloud to yourself each morning for a whole week. At the end of the week, reflect on how you feel. Has the affirmation made you feel any different?

Final reflections

- How did the book make you feel? What did you learn about love?
- Turn to the person next to you and tell them one thing that you hope to remember from the book.

Creative Activities

- Draw a picture of yourself in the middle of a sheet of paper. Draw yourself doing something you love. Around your body, write down all of the things that you love about yourself. Around the edges, draw a picture and/or write the names of all the people who love you. What are some of the ways that they show you love?
- What are some of the ways that we can show ourselves love? What was the last thing that you did to show yourself love? Make a self-love jar. On separate slips of paper, write down things you can do or say to show yourself love. Write as many as you can think of. Fold them up and put them inside the jar and decorate it. When you're in need of some self-love, take one of the slips out and follow its instructions!
- Write a letter to someone you love telling them what you love about them. Now, write a letter for