

Title, Author, Illustrator:

The Me I Choose to Be

Written By: Natasha Anastasia Tarpley

Art By: Regis and Kahran Bethencourt

Ideas for enjoying the book at home

Created by: Natomas Unified School District Early Learning

About the Book:

The Me I Choose to Be is a radiant, lyrical picture book celebrating the boundless potential within every child. Through poetic, metaphor-filled text and vibrant photographic imagery of children from diverse backgrounds, the book invites young readers to dream big and define themselves on their own terms. From “a free spirit” to “a star dancing across the night sky,” each page offers affirmations of creativity, resilience, and self-love, encouraging kids to explore who they are and who they choose to be. This uplifting ode to imagination and individuality reminds readers that the possibilities for themselves are endless.



Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?



While Reading:

- What do you notice in the picture?
- What do you think about what we just read?
- What are you curious about now?



After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?

Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.

**Turn the page over for
creative expression ideas!**



Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?

 Creative Writing	 Visual and Digital Arts	 Kindness and Community
"The Me I Choose to Be" Family Collage Steps: Read together: Enjoy <i>The Me I Choose to Be</i> and talk about the different "selves" in the book. Imagine: Ask, "Who do you choose to be?" Create: Draw, write, or collage pictures showing these selves. Share: Talk about your creations with each other. Display: Hang your collage as a reminder of your dreams and strengths	Read Together: Enjoy the book and notice the different "selves." Draw: On paper, sketch who you choose to be—qualities, dreams, or hobbies. Go Digital: Recreate or enhance your drawings in a digital app with colors, shapes, or stickers. Share: Show your art to family and talk about your favorite selves. Save: Keep your digital art as a fun reminder of your dreams.	Read Together: Enjoy the book and talk about qualities like kindness, helpfulness, and caring for others. Brainstorm Acts of Kindness: Ask your child, "What are some ways you can help or cheer someone up?" Create Kindness Notes: Write or draw little notes or pictures to give to family, friends, neighbors, or teachers. Share & Reflect: Give the notes and talk about how it felt to do something kind. Keep a Kindness Journal: Track acts of kindness and celebrate ways your child helps their community.
 Mindfulness and Self-Awareness	 Music and Movement	 Dramatic Play
Read together and pause to notice how the characters feel or imagine being different "selves." Check In: Ask your child, "How are you feeling right now?" and "Which part of you do you want to show today?" Draw Your Feelings & Selves: On paper, have your child illustrate emotions, dreams, or qualities they want to explore. Breathe & Reflect: Take a few deep breaths together and talk about the drawings, noticing strengths, happy moments, or things they're proud of. Keep a Self-Awareness Journal: Save drawings or notes to reflect on growth and feelings over time.	Read together and talk about the different "selves" and qualities your child can choose to be. Create Movements: Ask your child, "How would a brave, happy, or playful you move?" Encourage them to use their whole body. Add Music: Play a song and have your child move like the selves they chose, imagining themselves as each one. Combine & Repeat: Mix different movements and qualities together—slow, fast, big, or small. Reflect: After moving, talk about how each movement felt and which "self" they liked best expressing.	Read Together: Enjoy the book and talk about the different "selves" children can choose to be. Pick a Self: Ask your child, "Which 'me' do you want to be right now?" Act It Out: Use props or simple costumes to move, speak, and pretend as that chosen self. Encourage exaggeration, gestures, and voices! Create a Scene: Make up a short story or scenario where that self can shine—like helping someone, exploring, or celebrating a talent. Share & Reflect: Talk about how it felt to be that self and which parts they enjoyed expressing the most.