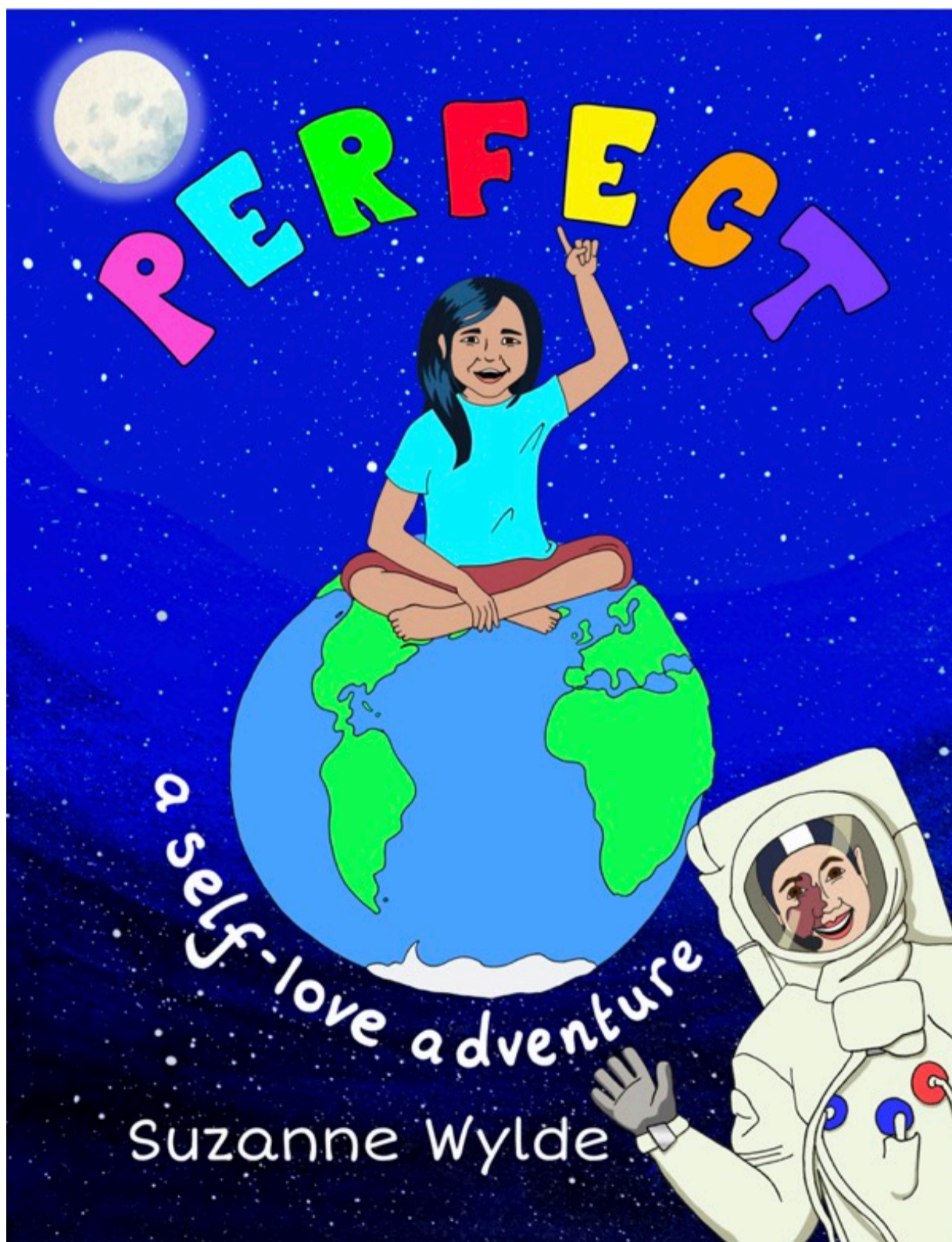


Perfect: A Self-Love Adventure

Parent and Teacher Guide



Introduction

This guide has a range of talking points, questions and suggested activities for the book. You may just want to pick a few to focus on at a time. The terminology around some ethnicities and challenges was appropriate at the time of writing, but if you use this guide in a few years time it may need an update.



Page 2

Wherever this star appears in the book, there is an opportunity to try an exercise. Why not try them together as you move through the book? Only do it if it feels OK, if not you can try another day.

Page 3 and 4

What do you think of the idea that we are all perfect just the way we are?

What book do you think she is reading?

Can you see what word is written in the stars?

Page 5

This little girl is enjoying moving her body, what movements do you like to make?

Do you like any of these: stretching, dancing, jumping, acting, running, curling into a ball, reaching up to the sky?

Page 6 and 7

This boy and girl are enjoying a ballet class, what do you think they enjoy about dancing?

Which one do you think enjoys dancing more? And why?

The little girl has a wheelchair because she has a disability and can't walk. She can do lots of things anyway and she loves to dance and come to classes!

Page 8 and 9

This girl is standing like a superhero, do you know how to do that?

If you were a superhero what would you do?

She has a limb difference and that is why her raised arm is a prosthetic one. Some days she likes to wear it and on other days she leaves it at home instead. Do you have things that you want on some days and not others?

The boy is enjoying swinging on the tree, do you enjoy like going on the swings?

Page 10 and 11

These three children are having fun playing ball, and this is a special ball that makes a noise so that blind and visually impaired children can also play, because they can hear where the ball goes. Which child is visually impaired do you think?

The boy on the left has a scar because when he was born with a gap in his lip, called a cleft lip. A doctor fixed it for him, and now all you can see is this little scar. Sometimes people with this scar don't like it when you point it out straight away, especially as there are so many other interesting things about them! What is the most interesting thing about you?

The girl in the pink dress has Down syndrome, so she sometimes acts a little differently, but she likes playing and people being nice, like we all do! Sometimes she finds it hard to say what she thinks or wants quickly, do you ever have a hard time saying how you are feeling?

How do you think these children feel about each other?

On the next page the children are saying "I love you" to their bodies, the girl is saying it out loud, the boy in the red t-shirt is saying to himself in the mirror, and the other boy is saying to himself in his head. Do you want to try it? Which way do you like the most?

Page 12 and 13

There are hearts floating all through space and around the astronaut - do you feel like love might be in space as well as around us on earth?

The astronaut has a birthmark on her face, called a port wine stain and she was born with it. She also does not like it when people point straight at it or think it is the most interesting thing about her, but she doesn't mind nice people asking questions after they've met her. What do you think the most interesting thing about her is?

Would you like to go to space? If you would, what would you want to do when you got there?

Page 14 and 15

Somewhere on the left page is the word "love" can you find it?

How do you think she is feeling here?

On the right page she is floating outside the space station, and feeling like she belongs even though she is in space. Is there anywhere you don't feel like you belong? Where do you feel most at home?

Page 16

Here is another exercise we can try together! When you take a deep breath in you imagine breathing love into your body. If it helps you can think about breathing in little hearts. You don't need to hold your breath, you can just keep breathing normally. Does this feel nice?

When you breathe out you can imagine any feelings you don't want leaving your body, any feeling that is a bit difficult or heavy. You do not need to hold your breath. How does this feel?

Now you can try breathing in love and breathing out heavy feelings and keep going for a few breaths. How do you feel now?

Page 17

These children look like they are having some strong emotions - what do you think they are feeling and why?

Page 18 and 19

Which one of these emotions is the most difficult do you think?

On the right page the children look calmer, but like they are still feeling their strong emotions. Can you sometimes feel a strong emotion, but just let it be there and also feel calm?

Page 20 and 21

Each of these little creatures is a different emotion - can you tell what they are?

Which one is your favourite? What makes you feel this way?

Which one do you not like?

On the right page the children are doing things to make themselves feel better, the girl is drawing to express her anger in a big messy drawing, the girl who was sad is now hugging a teddy bear and feeling love and the boy who was overexcited is now breathing deeply and feeling calm. Do you think you can remember to try this the next time you have a strong emotion?

Page 22 and 23

Where do you think the children are now?

Can you see what is making the little girl on the left upset? What would you do if that was you? What would you do if you were there with her?

On the right the boy in the red t-shirt looks a bit unhappy, can you guess why? Maybe the words can give you a clue...

What do you think he should do about it?

Page 24 and 25

They still look a little sad, can you guess why?

Has this ever happened to you, and how did you start to feel better?

Sometimes when we are sad other people can help to make us feel better. On the right page they look happier, what are they thinking of doing?

Page 26 and 27

Can you see something good that is waiting for them, how do you think they are feeling about that?

What do you think it feels like to go on a big wheel?

On the right page there is another thing we can try - take a big breath in and say "I am strong" while you lift your fists up and look strong, then breathe out and say "I will be OK" and stick your thumbs up. Try this a few times, how do you feel now?

Page 28 and 29

This boy looks really happy when he is jumping, but in the other picture he looks sad, what do you think is the problem?

Do you know that you are perfect whether you are having a good day or a difficult one?

On the right he looks like he is doing a ballet jump because he is happy. What do you think he is doing outside - visiting friends, a shopping trip, sightseeing with his family or something else? What do you think is making him feel happy?

Page 30 and 31

Here are all the children together, watching the stars and looking at the sea and the moon. They look really relaxed! It's nice that they are all a bit different but they are all friends and have fun together.

Which character is your favourite one? What do you think their name is?

Can you like one character the most but still know that they are all perfect just as they are?

How do you think they are feeling?

Page 32

This is a space where you can write your name and draw your own picture (and you can find a downloadable version [on the website](#)).

Well done! You did great at reading Perfect, I hope you enjoyed it and that you always remember:

*"In our great big world,
Some things are always true.
I am perfect just the way I am
And you are perfect too!"*

Some additional ideas for activities:

Draw your favourite character and write out all the special and perfect things about them.

Talk about emotions, and draw little creatures for each one.

What are things you think of as perfect, and what makes them perfect?