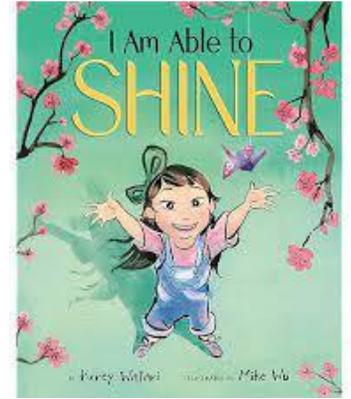


I Am Able to Shine

by Korey Watari



Created by:

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Book Summary

I am able to shine is a story about finding yourself and embracing your identity. Keiko learns about empowering herself and others. At first she isn't very confident in herself, then her parents make her feel better about herself. She then grows up and inspires others to believe in themselves too! Over time as she whispers to her crane it builds up her confidence and by the end of the book she has a lot of confidence about who she is as she inspires people to be themselves.

Read Aloud Questions

What are ways that you show kindness?

What does the word "persevere" mean? Given an example of how someone might persevere.

When do you feel loved?

What do you believe about yourself?

What does it mean to "shine on the outside"?

Describe a time in your life when you were courageous.

Why do you think Keiko named her baby Teruko?

How do the illustrations add to Keiko's story?

What do you want to do when you grow up? What words explain how you will shine as a grown up?

Book Activity

Materials: Mirror(s), Mirror handouts, crayons/pencils/markers

Directions

After reading the book aloud, review some of the words from the book that explained how Keiko shined throughout her life.

Allow students to share a mirror with their shoulder partners. As they look at themselves, share words that explain how they shine in their lives. Share examples of how they shine during each day with their partner.

Give each student a mirror handout and ask them to draw/write how they shine. They may include words from the book. They may also include goals for themselves as a grown up.

As students complete their drawings/writing, they may share their pictures with the group.



Additional Resources

- [9 Self-Confidence Building Activities for Students](#)
- [K-2 Self-Esteem Activities](#)
- [3-5 Self-Esteem Activities](#)
- [10 Powerful Self-Esteem Videos](#)

Meet the Authors



Cooper Lewallen is a writer from Eldorado, Kansas. She likes dogs, the color pink, and grapes. She has 2 brothers, one younger and one older. Cooper received an award for being sarcastic, yet creative. She mostly listens to music and sleeps. Cooper's favorite sport is softball.



Chloe Randol is a 7th grade student at Augusta Middle School. She has played soccer for five years of her life, and her parents have coached two of her soccer teams that she has played on. She lives in a family of eight members. She has a goal of becoming an actor. Acting makes her really happy.

