Remarkably You

What makes you, you? “Remarkably You” focuses on how we can always be ourselves and be the best YOU that you can be!

People may be different in what they do and who they are, but remembering to embrace who you are as a person can change the world. You have the power to do anything that you want in life and for the world to hear your voice. When you try your best, you can do whatever you put your mind to. Whether it is making up your own game, doing a silly dance, or becoming a doctor, teacher, or magician when you grow up - Do what you love to do! When we are our unique and special selves, we make ourselves and the people around us so happy.

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Publisher: HarperCollins

What is something really special that you love to do?

What is your favorite thing about yourself? What makes you unique?

Do you know what you want to be when you grow up?

Things to talk about
Try these fun activities at home

Make a Portrait of Yourself

A portrait is a picture of a person! Grab a piece of paper and some markers, pencils, or crayons along with whatever materials you would like to use or can find, like pom poms or stickers. On the piece of paper, draw yourself with all of your favorite things to do around you. Afterwards, you can share with someone, telling them all the different things that you drew and why.

Teach someone an activity that you love to do!

Gather around a table with family or friends. Sit down together with some small pieces of paper or Popsicle sticks to write on, a container, and markers/crayons/pencils. On each piece of paper, with help from someone with you, write down one thing that you love to do and would like to teach to the people sitting around you. Once you are done writing down your ideas, put everyone’s ideas in the container. Mix them all around and then pick one out. Whoever’s idea it is will be the teacher for the night and show their families/friends one of their favorite activities to do.

Compliment Jar

Grab two different containers that you may have, like a Tupperware, bowl, or mason jar. On one of the containers make a label that says “Compliment Jar” with a label sticker or with paper and tape. On the other jar, make a label that says “Things I love about me!” For the Compliment Jar, cut out small pieces of paper and write as many different compliments on the pieces of paper for the people that you love. Things like “I love coloring with you!” and “I think you are a great friend.” For the “Things I love about me” jar, do the same thing but write what you love about yourself on the pieces of paper, like things that make you unique or special. Put the jars in a place where you will remember to grab a compliment whenever you want!