



Hello there!

I am so excited to visit your school! I've included some logistical basics, a book order form, some fun optional classroom activities, and a sign you can post announcing my upcoming visit.

### PREPARE FOR MY VISIT

- Show my book trailer and ask the students what they think the book is about [https://www.youtube.com/watch?v=sETX\\_J8pAZg](https://www.youtube.com/watch?v=sETX_J8pAZg)
- Read my book to encourage excitement about my visit and talk about the characters
- Send home the book order form about three weeks prior to the date of my visit
- Post the enclosed *AN AUTHOR IS COMING!* sign (make as many copies as you wish)
- Contact any local media that may be interested in reporting on the event

**ENCOURAGE ENTHUSIASM:** An enthusiastic group of students, who is familiar with the book and characters, makes for a fun and educational presentation. Here are some ideas:

- Review the School Visit and Teacher's Guide and use some of the activities prior to my visit
- Decorate bulletin boards with author photos, illustrations, and related student creativity
- Have students prepare questions prior to the visit

**EQUIPMENT:** Computer, projector, screen, microphone (if an assembly-sized group). A small desk/table in a quiet space to sign books before or after presentation (typically students are not present at signings due to time and logistics).

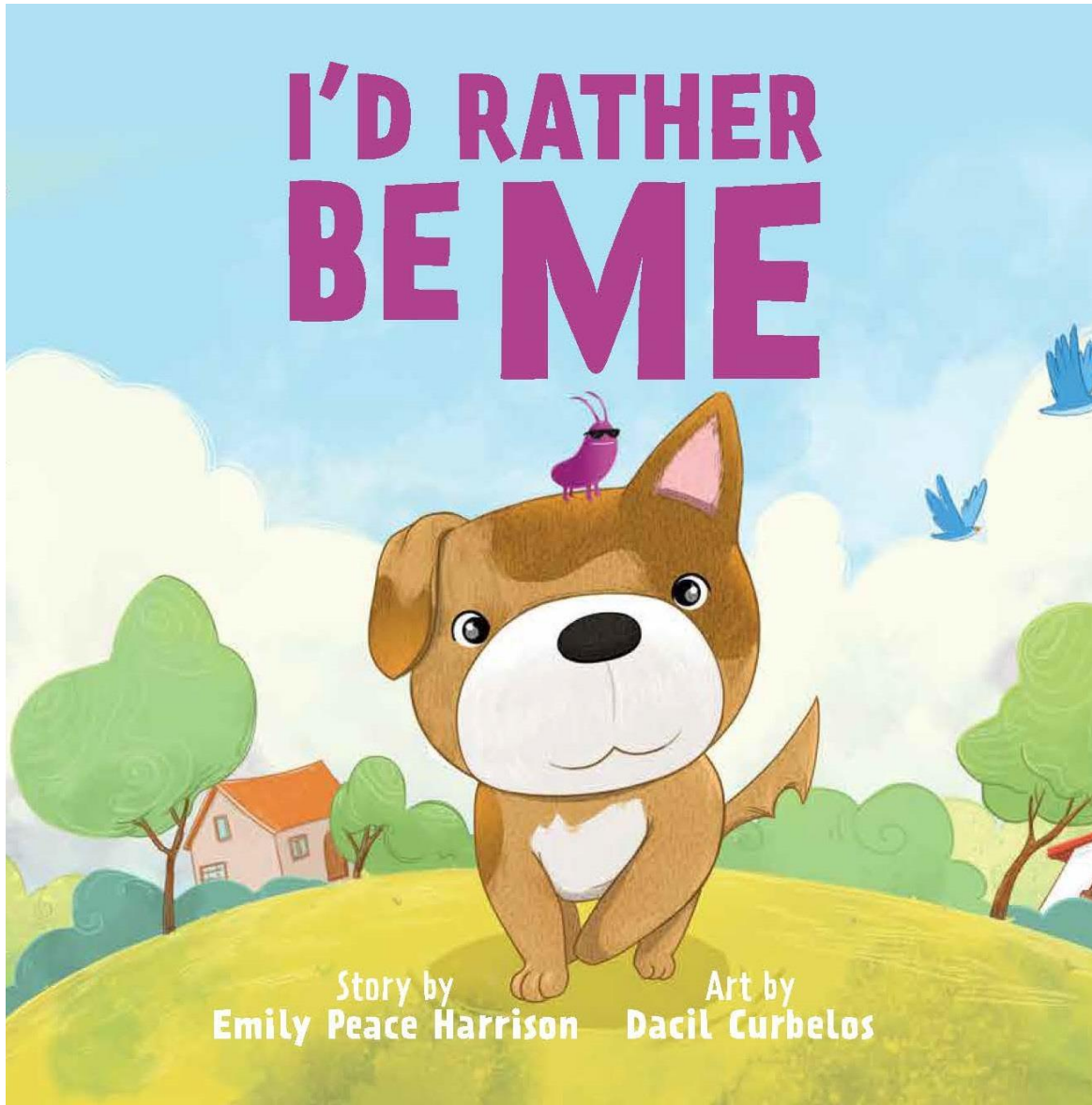
**PRESENTATION LENGTH:** Varies depending on ages and size of group. For classroom readings, 15-25 minutes; for group presentations or assemblies, 40-45 minutes.

**SIGNED BOOKS:** Books are ordered directly through me, not the distributor.

- Book orders are passed out at least three weeks prior to my visit
- Email [peaceharrison@gmail.com](mailto:peaceharrison@gmail.com) with a spreadsheet of all book orders (template provided) two weeks in advance of my visit.
- I will personalize and sign books before my visit and bring the books with me the day of my visit.
- The school should collect money from students (checks made payable to school) and give me one check made payable to *Emily Peace Harrison*. I will collect the day of my visit.
- Teachers can distribute books to their class to take home at the end of the day or the following day.

Emily Peace Harrison  
[www.emilypeaceharrison.com](http://www.emilypeaceharrison.com)  
[peaceharrison@gmail.com](mailto:peaceharrison@gmail.com)  
(804) 687-5944

# AN AUTHOR IS COMING!



Emily Peace Harrison  
**will be here** \_\_\_\_\_  
to talk about her  
debut picture book

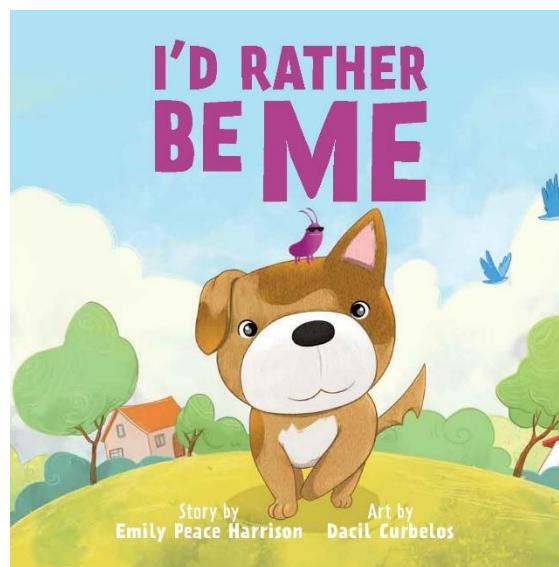


## BOOK PRE-ORDER FORM

**Author Emily Peace Harrison is coming to our school!**

Emily will share readings of her debut picture book *I'd Rather Be Me* and talk to students about the writing process with a fun and educational presentation centered around her book.

**Return this form to order signed copies.**



Book Title	Price	Qty	Subtotal	Name(s) to be included in book(s) (please print neatly – use back of form for additional names)
I'd Rather Be Me <i>HARDCOVER</i>	\$25.00			
I'd Rather Be Me <i>PAPERBACK</i>	\$15.00			
TOTAL			\$	

STUDENT'S NAME \_\_\_\_\_

TEACHER \_\_\_\_\_

Emily will sign the books so they will be available the day of her visit.

Please return this pre-order form with cash or check to your child's teacher by \_\_\_\_\_.

If paying by check, please make checks payable to your school: \_\_\_\_\_.



*Emily Peace Harrison is a children's book author and has worked in higher education administration for nearly 20 years. She is the mother of two grown sons and resides in Glen Allen, Virginia. Beginning with her debut, "I'd Rather Be Me", Emily's picture books, filled with beautiful illustrations and heartfelt characters, aim to inspire confidence, foster empathy, and promote self-esteem in young readers. Visit her at [www.emilypeaceharrison.com](http://www.emilypeaceharrison.com)*



# I'D RATHER BE ME

Written by Emily Peace Harrison  
Art by Dacil Curbelos

## About the Book

Hank the pup is happy just being himself, except for one little problem—a tiny flea buzzing in his ear, telling him that he's not good enough. What if he were a monkey? Or a bird? Or even a lion? Wouldn't that be better than just being himself? Sometimes it is hard to avoid the pressures to change who you are just to fit in. Will the flea convince Hank to be someone he's not, or will Hank stay true to himself?

## About the Author

Emily Peace Harrison is a children's book author and has worked in higher education administration for nearly 20 years. She is the mother of two grown sons and resides in Glen Allen, Virginia. Beginning with her debut, *I'd Rather Be Me*, Emily's picture books, filled with beautiful illustrations and heartfelt characters, aim to inspire confidence, foster empathy, and promote self-esteem in young readers. When she's not at her day job or crafting rhymes for her stories, Emily likes nothing better than spending time with family and friends.

## Praise for *I'd Rather Be Me*

"*I'd Rather Be Me* is a wonderful celebration of individuality and self-expression. With beautiful illustrations and a heartwarming message, this book gently guides children to embrace their uniqueness with courage and confidence. An essential addition for any young reader's bookshelf, inspiring them to shine bright in the world!"

—Nima Patel, founder of Mindful Champs, parenting coach,  
and author of the picture book *The Best You*

"*I'd Rather Be Me* is a much-needed, child-friendly antidote to the photo-filtered and social media-worthy world we live in that glamorizes changing oneself to fit in or be cool. Our messaging to children should be to celebrate, cherish, and have confidence in their uniqueness, and this book does just that!"

— Christina Furnival, licensed professional clinical counselor, mom of three,  
and author of the award-winning *Capable Kiddos* series

# School Visit and Teacher's Guide to **I'd Rather Be Me** By Emily Peace Harrison



Prior to Emily's visit to your class, below are some activities for children to explore the ways they and others are special and encourage self-esteem. These activities also promote excitement prior to the visit so the children will be more engaged. Children begin to develop self-esteem very early, particularly in school when they compare themselves to peers and start to explore their unique skills. Children who grow a positive self-view early on:

- Are resilient or better able to cope with life's challenges
- Are academically successful
- Are responsible decision-makers
- Have healthy relationships with friends and family members
- Are less likely to engage in risky behaviors
- Are more likely to set and pursue meaningful goals
- Are empowered to speak up for themselves

## 1. Self-Portrait Artwork

Drawing self-portraits can improve self-esteem by helping children develop a stronger sense of self-identity and self-worth – artistic skills are not required! It allows them to focus on their unique features, fostering self-awareness and positive self-image.

An alternative to simply drawing a self-portrait would be to have each child bring a photo of themselves from home. The teacher writes "I'd Rather Be Me" on the board. Give each student a posterboard, gluestick, and colored markers, along with their photograph. Next have each child print his/her name across the top of the posterboard, then paste their photo below their name in the center of the poster. Next, direct the children to draw "self-portraits" around their photograph, illustrating things they like to do and are good at doing.

When they are finished, have the children sit in a circle and tell the story about their self-portrait and what they like to do. Encourage the students to start their story by saying "I'd rather be me because...". After each child shares, ask the other students to share something they liked about what that child shared.

A fantastic way to garner excitement for my visit would be to make a display on the wall with the title of my book, *I'd Rather Be Me*, and display the children's self-portraits on the wall. We can take a group photo during my visit in front of the display. I'm happy to send artwork of the book's characters, Hank and Flea, to use on the display upon your request.

## 2. Self-Esteem Alphabet

Practice ABC's while incorporating self-esteem. Use the **Positive Affirmation Alphabet** to illustrate the various ways to feel good and honor one's best attributes.

## 3. Gratitude Journal

At the end of each day, ask your students to recount something that made them feel good, write it down yourself in a classroom journal or encourage them to write at least one word to represent that experience.

## 4. Affirmation Mirror

Have your students write down their favorite physical and mental features on the attached **Affirmation Mirror Worksheet**. Students can also attach photos of themselves to the worksheet.

## 5. I'd Rather Be Me Worksheet

Have your students complete the attached **I'd Rather Be Me Worksheet**, filling in the empty quote bubbles with reasons why they like themselves/things they are good at/special character traits. Ask them to leave one or two bubbles blank. In a circle, have them share with the class. After each child shares, pair up the students and ask them to fill in the remaining bubbles of their partner's worksheet, writing something positive about their classmate.

## 6. Positive Self-Talk Worksheet

Have your students complete the attached **Self-Talk Worksheet**. After coloring in the positive self-talk messages and discussing those as a class, have the children black-out the negative comments with a black marker.



## POSITIVE AFFIRMATION ALPHABET

A

Amazing, Awesome, Astonishing, Active, Appreciated, Artistic, Aware, Astounding, Articulate, Authentic, Adventurous, Ambitious

B

Breath-taking, Beautiful, Brilliant, Bold, Big-hearted, Bright, Brave, Blessed

C

Cheerful, Confident, Creative, Capable, Compassionate, Courageous, Caring, Curious, Clean, Clever, Cool, Classy, Charismatic, Cooperative, Charming, Calm

D

Determined, Delightful, Dependable, Dedicated, Disciplined, Distinguished, Dynamic, Daring, Diligent

E

Energetic, Excellent, Engaging, Enthusiastic, Enchanting, Extraordinary, Exceptional, Essential, Elegant, Empowered

F

Fabulous, Fun, Faithful, Fair, First-rate, Friendly, Fearless, Fortunate, Free, First-class, Flexible, Focused, Fascinating

G

Great, Generous, Good-natured, Genuine, Grateful, Gifted, Gleeful, Gentle, Gracious, Genius, Good-humored, Graceful, Groovy, Good, Gritty

H

Helpful, Hardworking, Honest, Healthy, Humorous, Humble, High Caliber, Hopeful, Happy

I

Incredible, Imaginative, Interesting, Important, Insightful, Impressive, Intelligent, Inspiring

J

Joyful, Jolly, Joyous, Jovial, Just, Jack-of-all-trades

	Kind, Keen, Knowledgeable
	Loving, Likeable, Lucky, Legendary, Lighthearted, Lively, Loyal, a Leader, a Listener, a Learner, Lovable
	Marvelous, Mindful, Masterful, Magical, Majestic, Making a difference, Memorable, Merry, Myself, Mighty, Motivated, Mature
	Neat, Noticeable, Noble, Non-violent, Nice, Number 1, Needed, Natural
	Outstanding, Out-of-sight, Orderly, Open-minded, Organized, Original, Optimistic
	Phenomenal, Pleasant, Proud, Profound, Persevering, Positive, Priceless, Peaceful, Passionate, Purposeful, Precious, Powerful, Perceptive
	Quite remarkable, Quirky, Quaint, high Quality, Quite amazing, Quick, Quite funny, Quite interesting
	Real, Responsible, Remarkable, Reliable, Resilient, Relaxed, Radiant, Respectable, Resourceful, Respectful
	Super, Special, Successful, Superb, Sincere, Sensational, Sensitive, Spectacular, Smart, Strong, Selfless, Spunky, Sympathetic, Splendid
	Terrific, Trustworthy, Thoughtful, Talented, Thorough, Truthful, a Team player, Tolerant, Treasured, Tender
	Unbelievable, Understanding, Unselfish, Upbeat, Unequaled, Unique, Utterly amazing, Unmistakable
	Vibrant, Virtuous, Valued, Valuable, Vivacious, Versatile, Very good, Very talented, a Visionary





Wonderful, Wise, Warm, a Winner, Well-rounded, Well-groomed, Well-mannered, Witty, Welcoming



Excellent, Extraordinary, Extra special, expressive, exceptional, exciting, extravagant, extra cool



Youthful, Young, You are special, You are the greatest, Yes I can



Zealous, Zany, Z-Best, full of Zeal, Zestful

## BRAINSTORM MORE POSITIVE AFFIRMATION WORDS – HOW MANY MORE CAN YOU THINK OF?

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# Things I Like About Me

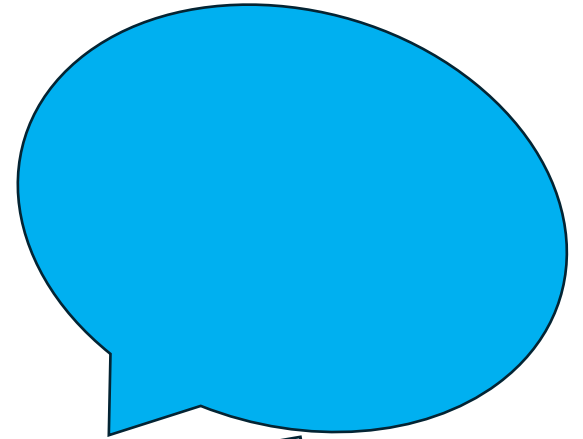
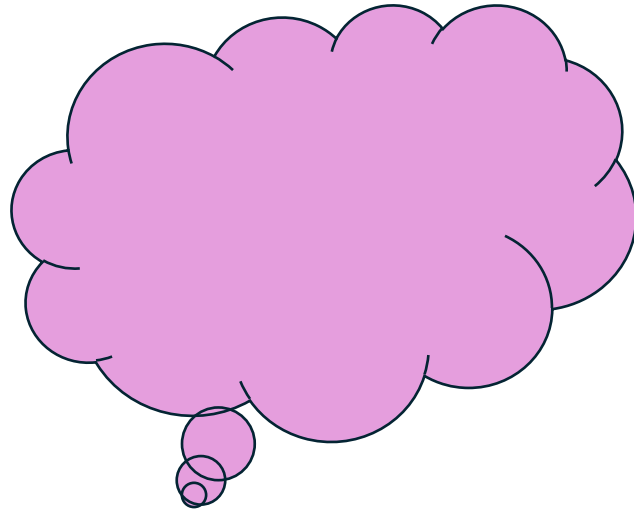
## Worksheet

*You are beautiful because you are unique, both on the inside and on the outside. Look inside and outside at your personality, what you can do, how you treat others, and who you are, then write down some things that you like about you on this mirror.*

Things I Like About Me:

- 1.
- 2.
- 3.
- 4.
- 5.

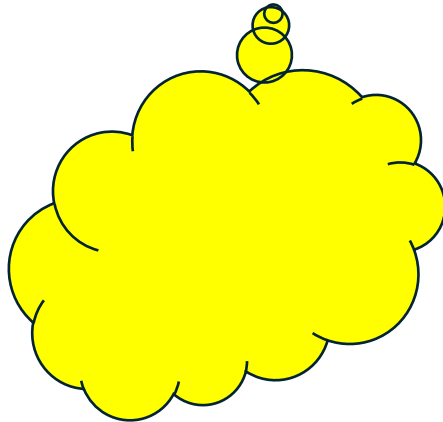
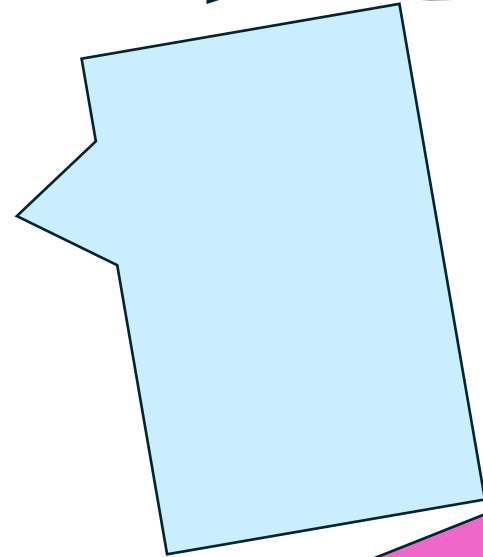
I care about my friends.



**MY NAME IS**



**I'D RATHER BE ME BECAUSE....**



I never give up, even when it's hard.

# Positive Self-Talk

When we say negative statements to ourselves it often lowers our self-esteem and self-confidence. Positive self-talk helps us to improve our mood and talk ourselves through difficult situations. Color in all the positive self-talk situations.

