



What makes you *you*? So much goes into who you are, and you are so many different things: a child, an animal, a body of water, a friend, a mystery, one of a kind, a miracle. You are and could be so many things, but whatever you choose to do, it's your life to write; you are a story.

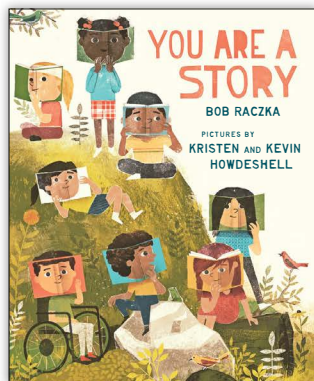
WHAT'S INCLUDED:

- You Are - A Portrait
- You Are One of a Kind - Learning About Me
 - You Are Someone's Child - Family Tree
 - You Are a Story - Personal Storytelling
- You Are a Sponge - Mindfulness Meditation

MEET THE CREATORS:

Bob Raczka attended the University of Illinois, where he received a degree in graphic design. In addition to writing collections of children's poetry, he has published his own art appreciation series, Bob Raczka's Art Adventures. His other books include *Niko Draws a Feeling* and *Wet Cement: A Mix of Concrete Poems*, both of which have received multiple starred reviews. He lives in Glen Ellyn, Illinois, with his wife, two dogs, and three grown children who come and go.

Kevin and **Kristen Howdeshell** have illustrated numerous picture books for children, including *The Story of Us* by Mitali Perkins, *I Am the Storm* by Jane Yolen and Heidi E. Y. Stemple, *Oscar's American Dream* by Barry Wittenstein, and *Seeds and Trees: A Children's Book About the Power of Words* by Brandon Walden. They live in Kansas City, Missouri.

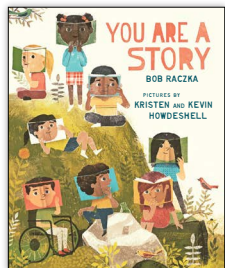


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YOU ARE - A PORTRAIT

Draw a picture of how you see yourself.



You Are a Story

By Bob Raczk
Illustrated by Kevin and
Kristen Howdeshell

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YOU ARE ONE OF A KIND - LEARNING ABOUT ME

What makes you special? Fill out the information below.

Then, in the space in the corner, make a thumbprint. With the help of an adult, cover the pad of your thumb with paint, washable ink, or pencil graphite. Then, gently press your thumb on the paper, carefully roll it slowly from left to right, and lift your finger off the paper.



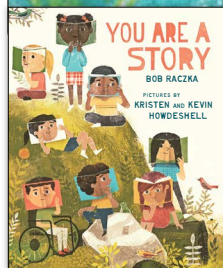
My name:

My birthday:

My favorite things:

My skills:

My thumbprint:



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YOU ARE SOMEONE'S CHILD - FAMILY TREE

Create a "family tree" including all the people in your life whom you love and who love you.

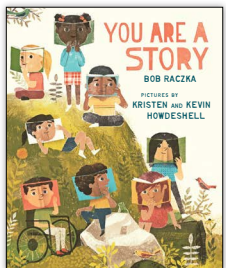


YOU ARE A STORY - PERSONAL STORYTELLING

Tell the story of who you are and where you came from.
Don't forget to share your story with others.



Name:



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YOU ARE A SPONGE - MINDFULNESS MEDITATION

At this moment in time, you are taking in everything around you—through your sight, smell, taste, hearing, and touch. Take a minute to sit still and slowly breathe in and out, becoming aware of everything around you. Then, write down what you saw, smelled, tasted, heard, and felt.



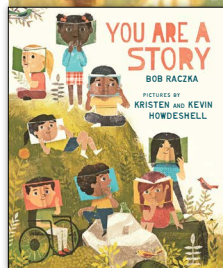
I saw

I smelled

I tasted

I heard

I felt



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