

There's Only One Me

Classroom Activity Guide for Educators and Parents



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"There's Only One Me"

by Nicole Adler

Thank you for sharing ***There's Only One Me*** with the children in your life. I wrote this story because I believe every child deserves to know they are enough, just as they are. When children learn to celebrate their own unique gifts and appreciate the differences in others, they help create a kinder, more inclusive world.

This Activity Packet is designed to continue the conversation after reading the book. Through fun, age-appropriate activities, children will have the opportunity to explore kindness, empathy, self-confidence, friendship, and belonging while celebrating what makes each person special.

Whether you're a teacher, librarian, parent, caregiver, or faith leader, I hope these activities spark meaningful conversations and encourage children to see the value in themselves and in those around them.

If I'm reading ***There's Only One Me*** with your group, I'd love to guide the children through one or two of these activities together before you continue exploring the rest on your own.

Thank you for helping build a world where every child feels seen, valued, loved, and included.

With love,
Nicole M. Adler

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Classroom Activity Packet for Educators and Parents

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“There’s Only One Me”

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Name: _____

Match the Help

Draw a line to match each situation with a kind response



•

• Bring a bandage



•

• Help carry the
watering can



•

• Pick up the
pencil



•

• Offer to read
together



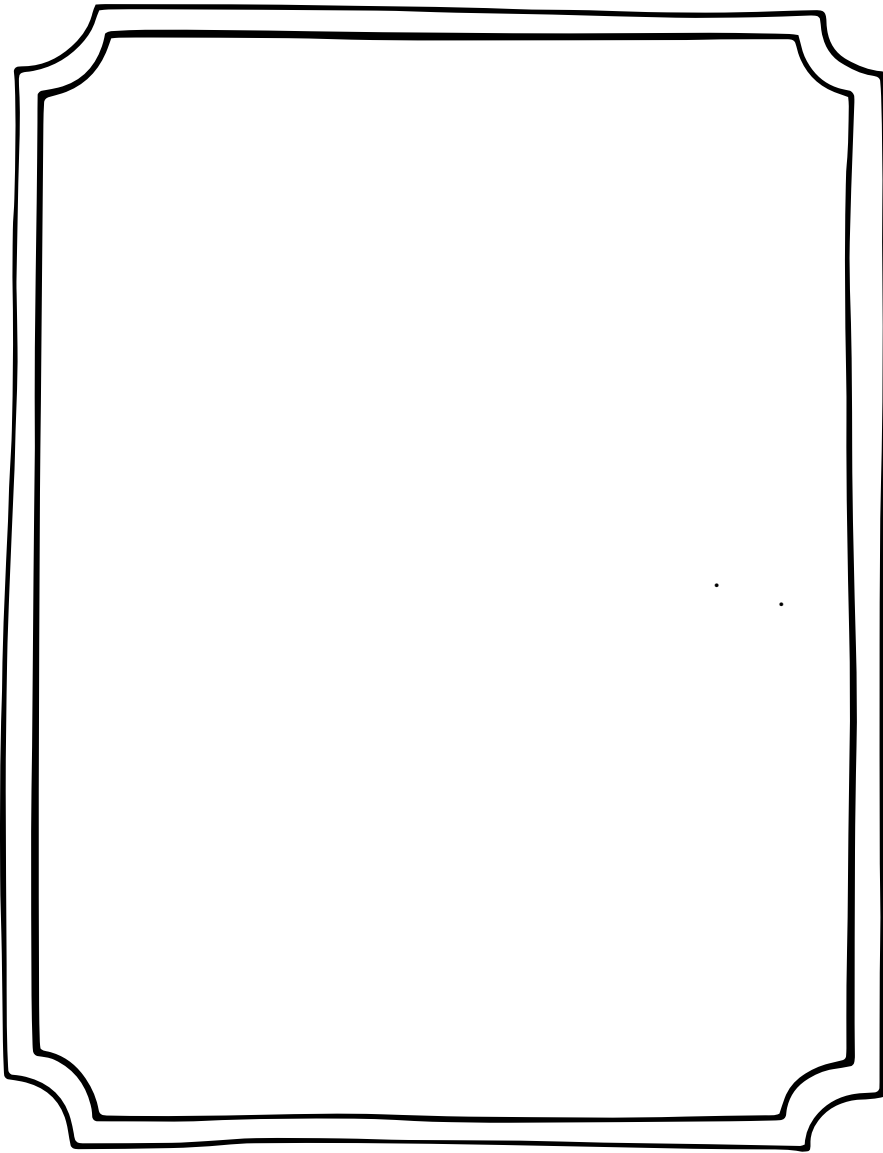
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• Invite them
to play

Name: _____

I Am Me Self Portrait

Fill in the blank and draw a decorative picture of yourself in the frame below.



I shine when I

I feel proud when I

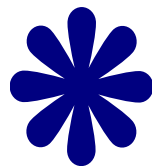
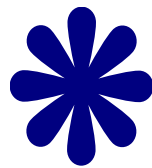
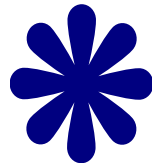
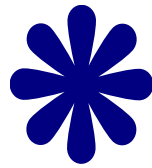
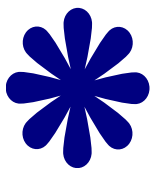
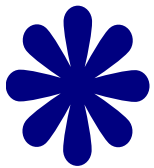
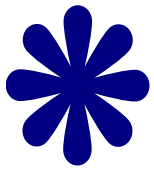
**I am me, and that
is enough because**

Name: _____

Same and Different Chart

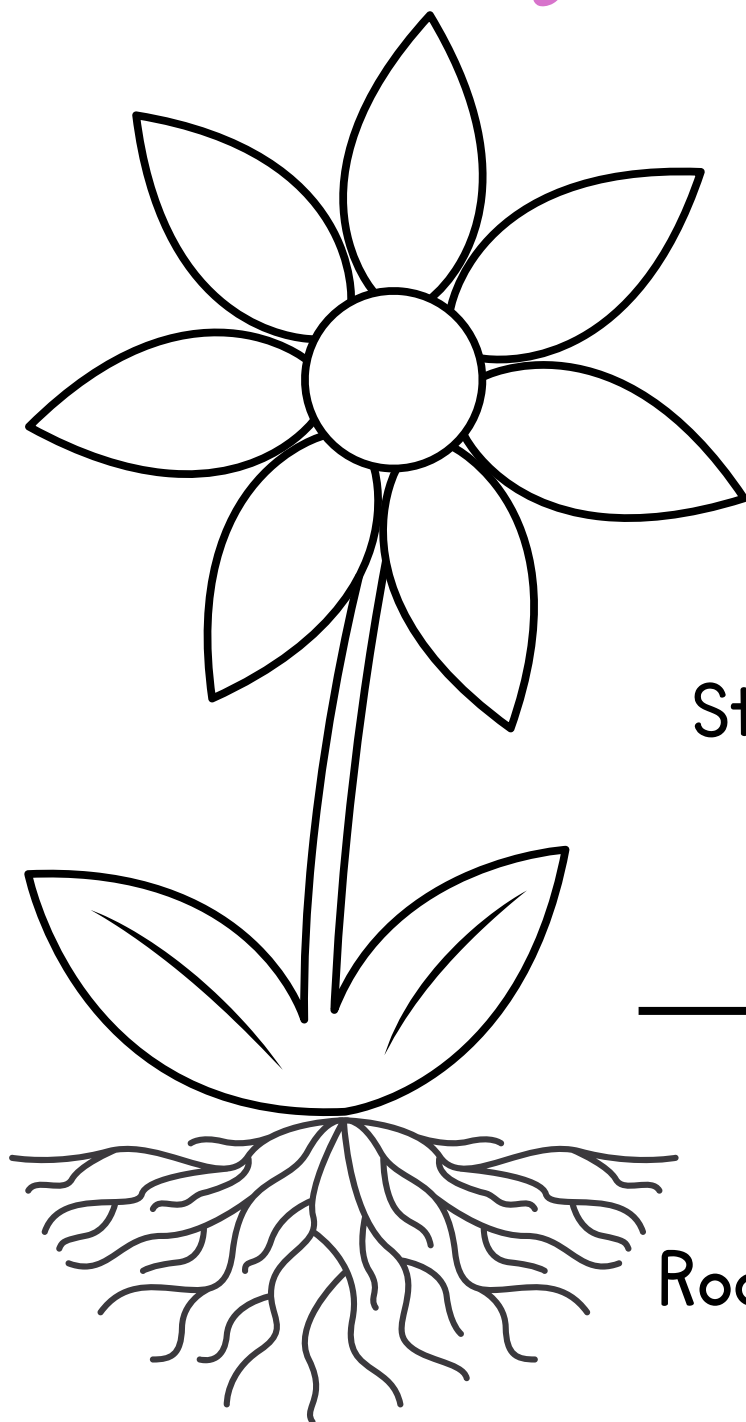
What makes us
the same

What makes us
different



Name: _____

Growing and Glowing



Petals - What makes
me shine?

Stem - What helps me
grow?

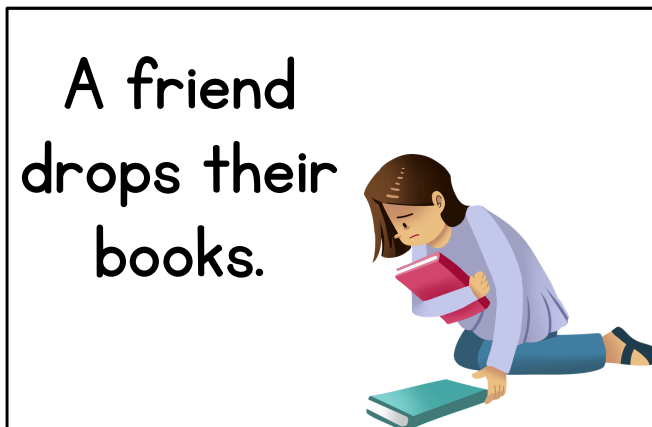
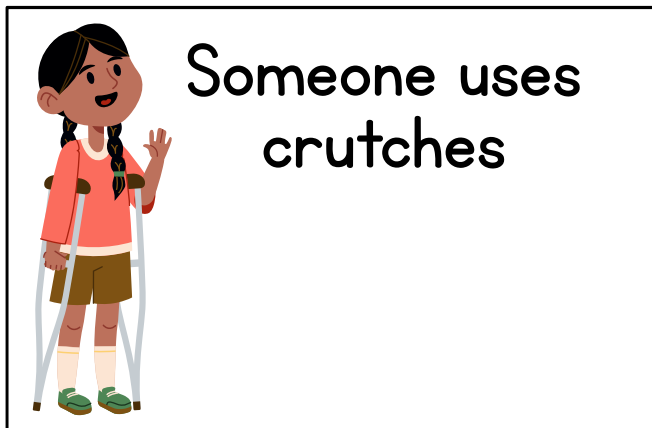
Roots - Who helps me
grow?

Name: _____

Kindness Scenario Cards

For each card, students act out:

1) What might happen? 2) What would kindness look like?



Name: _____

What Does Enough Mean?

What does "I am enough" mean to you?

How can we help others feel enough?

Why is being different important?

Name: _____

Unicorn Search

How many unicorns did you spot in the book?



What do you think the unicorn represents?

For Parents

Ask your child:

- What makes you shine?
- When do you need help?
- How can we show kindness at home?



This book supports:

- Self-awareness
- Social awareness
- Relationship skills
- Responsible decision-making

Children learn that:

- Differences are natural
- Kindness is a choice
- Help is something everyone needs
- Identity deserves respect

