

New York State  
**BOOK  
NOOKS**



## Hair Like Mine

A young girl complains to her mother that nobody else has hair like hers. She does not like that her hair is curly and frizzy, but her mother assures her of her beauty and explains that no two people are the same. She soon realizes that her mother is right and comes to appreciate her unique features.

**Title:** Hair Like Mine

**Author:** Latashia M. Perry

**Illustrator:** Bea Jackson

**Publisher:** G Publishing LLC

**Date published:** 2015

### Social and emotional Pyramid Model skills that children can learn through this book:

Love, positive self-image, equity

### Social and emotional words this book can emphasize:

Defeated, love, acceptance, unique, different, same

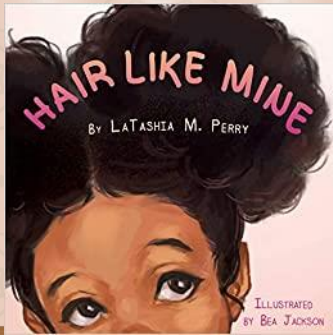
### Pyramid Model Activities to do while reading the book that will help promote social and emotional development:

- Before reading the book, ask children to define the terms “same” and “different”. Ask for examples of things that are the same and different. Ask them if they feel that people can be the same. Introduce the book and tell them that you are going to read about a girl who is wondering the same thing.
- Ask children to notice the girl's changing facial expressions throughout the book as you read. Ask them to describe how she's feeling and explain why she might feel that way.
- While reading the book, point out the features of the children that the girl is describing and ask children if she is correct.
- Draw attention to your own features and use neutral vocabulary to describe them (such as curly, brown hair, long, pointed nose, etc.) Convey an acceptance of your own features. Ask children if they look the same as you, their friends, or their family. Allow them a few minutes to notice and respond. Gently correct any disrespectful or disparaging language.

### Fun for Everyone! Activities to promote social and emotional development throughout the day:

- Foster an environment that is warm and welcoming to all. Use positive and affirming language when talking to and about children.
- Create posters with photos of features of each child in the classroom, such as “hair, nose, eyes, and toes.” Portray all the different features as beautiful and unique. Talk with children how they are different and the same. Display the posters in the classroom.
- Mix paint colors, or purchase paint colors that represent a variety of skin tones. Allow children to choose the color that best matches their skin and paint a self portrait. Encourage them to add in their unique features such as their hair color and texture, shape and color of their eyes, size and shape of their nose, etc. Put children's name on finished art and display in classroom. Show positivity and enthusiasm when describing and discussing art with children.
- Provide mirrors for children to study their features. Ask them to describe what they see. Record descriptive words on chart paper and point out all the unique and beautiful characteristics.
- Work with individual children to write a descriptive story about what makes them unique and what they love about themselves. Take a photo of the child to accompany the story. Make a book of all the children's stories to keep in the classroom library.
- Use the variety of skin color paints to make a wreath of children's handprints with the paint that matches their skin. Hang within children's reach and allow them to compare their own skin with others.

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### More books that promote a positive self image:

*I Am Enough* by Grace Byers

*Hair Love* by Matthew A. Cherry

*The Day You Begin* by Jacqueline Woodson

*All Are Welcome* by Alexandra Penfold

*The Many Colors of Harpreet Singh* by Supriya Kelkar

*Whoever You Are* by Mem Fox

*I Like Myself* by Karen Beaumont

*Skin Like Mine* by Latashia M. Perry

*All Because You Matter* by Tami Charles

*Crown: An Ode to the Fresh Cut* by Derrick Barnes

### Music for promoting positive self image:

*Beautiful Light* by The Laurie Berkner Band

*Smile Smile Smile* by Dan Zanes and Friends

*Tall* by Milkshake

### Other resources:

<https://www.naeyc.org/resources/pubs/yc/mar2016/moving-beyond-anti-bias-activities>

<https://www.naeyc.org/resources/pubs/yc/may2016/culturally-responsive-classroom>

<https://www.naeyc.org/resources/pubs/tyc/oct2020/conversations-that-matter>

### Video resources:

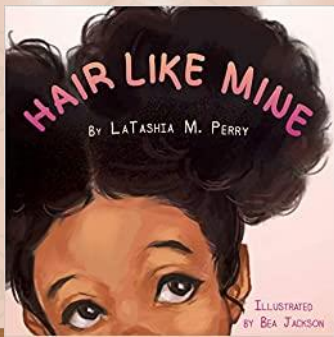
<https://youtu.be/vujbTOuzg2Q>



<https://youtu.be/enpFde5rgmw>



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## Resources for families

For a video read-aloud of this book, click the link below or visit:

<https://youtu.be/1xgCUIIPvg4>



## More books that promote a positive self image:

*Sulwe* by Lupita Nyong'o

*All Are Welcome* by Alexandra Penfold

*The Many Colors of Harpreet Singh*

by Supriya Kelkar

*Whoever You Are* by Mem Fox

*I Like Myself* by Karen Beaumont

*Crown: An Ode to the Fresh Cut* by

Derrick Barnes

## More video resources:

<https://youtu.be/yW1Fku7MRNU>



[https://youtu.be/kNw8V\\_Fkw28](https://youtu.be/kNw8V_Fkw28)



## Tips for promoting a positive self image:

- Speak in a positive way about your child's features, as well as your own. Be careful not to show preference to a certain type of feature, such as size or color.
- Let your child know they are valued just as they are. Praise them for their developing skills to help them build confidence in themselves.
- Teach your child to be accepting of others as well as themselves. All people are unique and worthy of love.

