

THIS IS ME

Getting to know yourself and others better

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EVERYBODY'S DIFFERENT!

What are you like?

We can say a lot about who we are, but it can be tough to find just the right words. Still, it helps to know and name different ways people can be, so we can talk about our needs and feelings, and understand our friends and family.



You are one of a kind

Everyone has their own special traits and talents. You can see how different people are, even little kids.



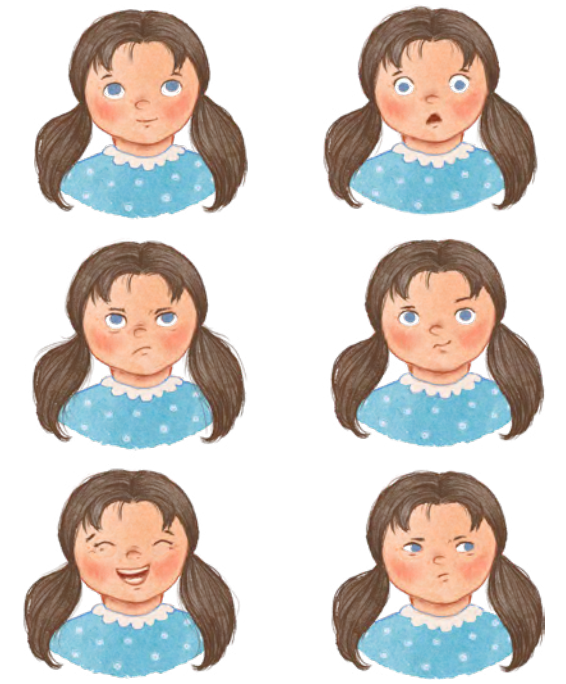
Good or bad characteristics?

No personality trait is good or bad on its own. Each one can be helpful or sometimes cause someone to act in the wrong way. This is completely normal.



We all change

We all go through different things in life, and these things shape us. They can change, strengthen, or weaken who we are and what we can do. Our feelings can come quickly, and we can't always control them right away. But we can learn to control how we act by controlling our behavior.



Getting to know each other

In this book, we'll look at different traits and abilities that people have. Our guides will be kids just like you.

They each have their own personalities and are learning how to live with them. They feel happy sometimes and sad sometimes, just like we all do.

But before we get started, let's answer some basic questions . . .

WHAT IS A **CHARACTERISTIC**?

A characteristic is a part of our personality that shows what we're like inside, how we usually act, how we react to others, and how we express ourselves. Some examples of characteristics are being sensitive, determined, or trusting.

WHAT IS AN **ABILITY**?

An ability is something you get better at through practice, experience,

and learning. People have all sorts of abilities, like focusing, understanding others' feelings, and solving problems.

WHAT IS AN **EMOTION**?

An emotion is a strong feeling that affects how we act. It shows how we feel about different situations and how we respond to them. Some of the main emotions we feel are fear, anger, love, and joy.



Sometimes a hug is all that's needed, sometimes kind words. And sometimes just a smile and an offer to help is enough.

Even so, Diego sometimes wishes he wasn't so sensitive. Being very sensitive – which we call *oversensitivity* – can sometimes make him feel helpless and sad. And if you're sensitive like Diego, you can learn to handle your sensitivity. It's not easy, but once you do, you'll see that it helps you notice the world's finer details.

WHAT TO DO IF YOU ARE FEELING TOO SENSITIVE:

- Remember that whatever you are feeling now will soon pass.
- Keep in mind that your friends maybe don't mean to hurt your feelings. Try to explain to them why you feel hurt.



In childhood, dealing calmly with sadness and disappointment can be especially hard. Sometimes, even a small thing, like a balloon popping, can feel overwhelming.

What is perceptiveness?

Sensitive people are often very perceptive. Sensing how others feel is a wonderful gift. It allows us to treat others the way we'd want to be treated.

If your friend were to bump his knee against something hard, you'd definitely notice his pain. But he might also be feeling a lot of emotions: shame because others saw the accident, disappointment because he wanted to do a new trick on his scooter like his brother, and maybe even anger because a big rock was in the way. Understanding this can help you support your friend better.

Being perceptive can be challenging, but we all learn to become more perceptive throughout our lives.



It's wonderful to have someone close who helps us when we have trouble dealing with our feelings.



Even if you don't succeed at something, try not to be sad – it's your hard work that matters.



"I'm not holding your hand, Dad!" insists Jayden.



"Help, Dad! I'm falling!" Jayden's stubbornness backfires.

What is perseverance?

The flip-side of being stubborn is having a strong determination to pursue your goals and persisting until you achieve them. We call this perseverance, and it can really help us succeed in life. A persevering person keeps trying until they reach their goals. Unlike stubbornness, though, perseverance doesn't cause trouble or bother anyone else.

Clara can be very persevering. When she decided to make a fairy dress, she learned how to sew. She was rightly proud of what she had achieved.

If you're sometimes stubborn, it means you have a strong will. If you use it wisely, you can achieve a lot in life!



Even though Japanese is a challenging language, Helena is passionate about it. Thanks to her perseverance, she can already communicate in everyday situations.

HOW DO YOU KNOW YOU'RE BEING STUBBORN?

- You don't want to listen to other people's advice, even when you think they're reasonable.
- You refuse to change your attitude, opinion, or approach, even if it's not working.
- Sometimes you do something you've been told not to do.

Doing things your own way can be great, as long as it's not unsafe or disrespectful to others. Like when you're supposed to be getting dressed to go visit someone and your entire family and everyone is waiting for you to hurry up, it's important to get ready on time.



A year ago, it seemed as if Cade would never become a dancer. Now look at him!

This is Richard.



Sometimes
Richard is
BOSSY.



Jake is acting like he's the boss – he wants to have the bench all to himself.



“Laura, I want to draw it my own way. Stop telling me what colors to use!”



Christine is so talented her friends love it when she leads them in a song.



Antonio works in an auto shop. Since he's the most experienced one there, he passes on his knowledge to the others.



Because Richard wouldn't listen to anyone else's ideas, his friends started playing without him.

What is bossiness?

When Richard plays with other kids, he has tons of great game ideas and likes to take charge. Sometimes, though, it can be a bit overwhelming.



At first, young children try to boss their parents around, before they learn that they only get their way by being nice.

Sometimes
Richard is a
LEADER.



So what are
any of us
really like?

Everyone is different, with their own mix of good and bad traits, moods, and days when they're not at their best. Our actions are influenced by how we feel, what we've been through, and our natural tendencies. Sometimes we show our not-so-good side, and other times we show our best – that's totally normal!

When we see that we've done something wrong, it takes courage to say we're sorry. This means overcoming fear or shame. Saying "I'm sorry" can make a big difference! Take a look around and think about why people act the way they do.

What do they want and need? As we "people watch" everyone in this park – and throughout our journey in life – let's get to know each other better. Great idea, don't you think?



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Elias is shy, but he's also very thoughtful. Olivia is hasty, but she's also really brave. Can you figure out what makes you unique? It's not easy to describe yourself in just a few words – and this book won't try to do that. Through stories about kids just like you, you'll explore all the different ways people can be amazing. You'll learn how to recognize your unique qualities, understand yourself better, and appreciate everyone around you. Whether you read this book in a cozy corner by yourself or share it with friends, don't be afraid to be yourself!

More info:



“Celebrating the diversity of the human experience in language through well-illustrated examples.”

—*SLJ Starred Review*



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