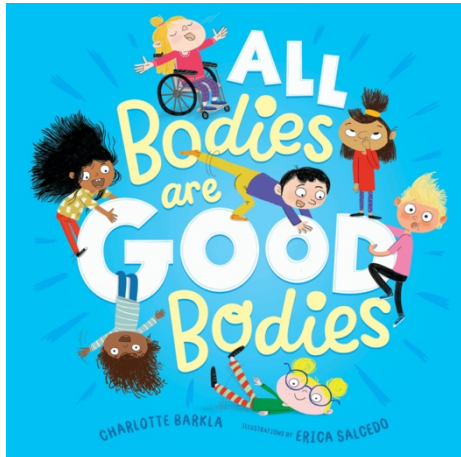


Teacher's Notes



All Bodies are Good Bodies

Written by Charlotte Barkla

Illustrated by Erica Salcedo

Teacher's Notes by Bec Kavanagh

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LEARNING OUTCOMES

RECOMMENDED FOR

3+ aged readers (grades prep – 2)

KEY CURRICULUM AREAS

- Learning areas: English
- General capabilities:
 - ACELA1429
 - ACELA1451
 - ACELA1452

THEMES

- Body positivity
- Inclusion
- Self-love
- Individuality
- Difference
- Body acceptance

SYNOPSIS

All Bodies Are Good Bodies is a celebration of the ways our bodies look, move and feel. Each body part is introduced with an enthusiastic 'I love...', and the illustrations capture bodies playing, building, dancing, climbing and jumping. There are so many bodies in the story – some with long hair and some with short; arms that help and arms that reach; big bellies and small ones – all of them are good bodies, including yours!

From the small (ears holding sunglasses in place) to the big (climbing and cuddling), this story celebrates all the ways our bodies help us to have fun in the world.



ABOUT THE AUTHOR/ ILLUSTRATOR

Charlotte Barkla is a Brisbane-based writer who has worked as a civil engineer, physics teacher and full-time butler/chef/servant (to her two young children). She now writes children's books. As well as dreaming up funny stories over a cup of coffee, Charlotte's favourite things include autumn leaves, family bike rides and travel.

Erica Salcedo is a freelance illustrator living in the peaceful town of Cuenca, Spain. Erica studied Fine Arts in Castilla-La Mancha University and completed her masters at the Polytechnic University of Valencia, specialising in graphic design and illustration. Erica's illustrations are inspired by everyday life. Her style is a mixture of hand drawing with digital techniques, simply executed with a pinch of humour. Erica loves drawing, travelling, animals, drinking tea every day, eating sweets and working on diverse and creative projects.

THEMES

All Bodies Are Good Bodies explores themes of body positivity beyond the surface. All bodies look different, but they also move differently and feel different. This encourages readers to think about their bodies in different ways, and to reflect on the way that all bodies experience things differently. Why is it important to celebrate the things we like about our bodies?

WRITING STYLE

The writer uses the same two words to introduce each part of the body in the story – I love eyes; I love noses; I love hair. Discuss how this phrase shapes the way that readers encounter the bodies in the story. How would the book change if these scenes started with a negative phrase. Invite readers to think about the kinds of words they use to think about their own bodies – is it easier to say positive or negative things about yourself? Why do you think this is?

COMPREHENSION

- What expressions are described in the story? What other expressions can you make?
- What are some of the things that arms can do in the story?
- Are all the bodies in the book the same? Describe some of the differences you can see.
- Discuss the title of the book, *All Bodies are Good Bodies*. Do you agree with this? Why/why not?
- What could you say to someone who is feeling sad about their body?
- Do you think the characters in the book are having fun? Why/why not?
- What are some of the other things that ears can do?
- Why do you think the story ends with a question? Does it make you feel more involved in the story?
- What rhyming structure does the writer use? Does this make the story easier to read? How?



WRITING EXERCISE

Before reading the book, write a short reflection about how you feel about your body. When you've read the book, write another reflection. Have your feelings changed? How?

ILLUSTRATION STYLE

The illustrations in the book are particularly important because they capture bodies in action. Look at the way that the illustrator uses lines to show the movement of bodies. How do they move? Why do you think it's important to think about the ways that bodies move when we talk about body confidence?

The illustrations alternate between close-ups of the main character and scenes showing groups of characters participating in a range of activities. This introduces different parts of the body through one character, but also celebrates all the ways that people are different. Readers can use this technique to reflect on their own experiences, looking first at their own body, and then at the bodies around them to put things in perspective.

CREATIVE ACTIVITIES

- Sometimes we can get too focussed on what bodies look like, rather than what they can do. Make a list of five things you love about the way your body looks, and five things you love that it can do. Is one more important than the other?
- Draw a picture of yourself. Now get into pairs and draw a picture of each other. How is the picture your partner drew similar or different to your own? Do they notice things about you that you haven't?
- Choose one of the body parts listed in the book and write a list of all the ways it can be different, and all of the things it can do. Compare your list with other people in the class – has anyone come up with things that you haven't?
- Make a list of some of the ways we can celebrate or be kinder to our bodies. How many of these things have you done in the last week?

RELATED READING

Love Your Body by Jessica Sanders

Wide Big World by Maxine Beneba Clarke

