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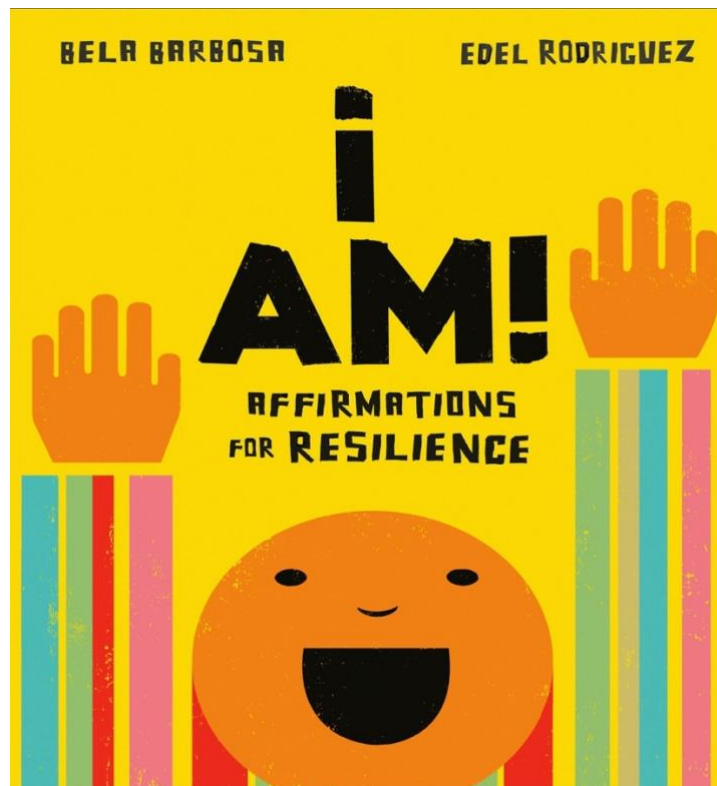
JOURNAL OF LANGUAGE & LITERACY EDUCATION

Review of *I Am!: Affirmations for Resilience* Written by Bela Barbosa & Illustrated by Edel Rodriguez

Adult/Educator Reviewer: Sarah Stice

University of Georgia, Athens, GA

Child/Student Reviewer: Clara Stice, Age: 7 Months



Barbosa, B., & Rodriguez, E. (Illustrator) (2020). *I am!: Affirmations for resilience*. Rise x Penguin Workshop.

ISBN: 978-0593222799

Adult Review: Sarah Stice

I am: Affirmations for resilience is a vibrant children's board book that teaches readers how to regulate their emotions through physical movement and verbal self-affirmations. The book covers ten emotions that, though never wrong, may be uncomfortable, and "when you're ready to move on," can be overcome through self-efficacy. Each two-page spread covers a different emotion (e.g., anger, jealousy, and inadequacy), how to position your body in response (e.g., put your hand on your heart), and what to say to affirm yourself (e.g., "I am brave!").

As social-emotional learning comes to the forefront at the intersection of culturally responsive education and gentle parenting, this board book is timely, engaging, and educational. As an adult, I found myself learning new strategies to deal with my own emotions. And though my daughter is only 6-months-old at the time of this review, we are laying the foundation for literacy and emotional regulation as she gets closer to the developmental milestones of reading independently and feeling big feelings. Though the recommended age from the publishers is 2-4 years, the board book format and bright, simple illustrations make the book appropriate and accessible for babies as young as newborn.

Student Review: Clara Stice (Age: 7 Months)

<https://youtu.be/cWV6Au4zEXU>