



## Discussion Guide

*Just Like You* provides an opportunity to discuss diversity, inclusiveness, acceptance, respect, and empathy. This discussion guide is designed for parents, teachers, and guardians to help young readers engage with the book's themes and connect Joy's story with their own lives.

## Themes

### **Value of learning about other people's differences and similarities:**

Understanding our differences and similarities increases our comfort around those that have differences. It is enlightening to see how Joy accomplishes tasks and activities with only one hand such as cutting paper and skipping with her skipping rope. Recognizing that she is just as capable as anyone else can help others understand the importance of learning about and accepting differences, and realizing the similarities between themselves and those that are thought of as different.

### **Value of a positive attitude, self-confidence, determination, and problem solving:**

Being positive, confident, determined, and resourceful empowers children by helping them to overcome challenges and accomplish tasks and activities. Joy showcases the importance of these qualities throughout the book. For example, it takes problem-solving skills and determination for Joy to learn to tie her shoes. Also, Joy's courage, confidence, and her ability to figure out how to do things by herself enables her to ride a bike.

### **Value of a role model:**

Positive role models are valuable teachers for children. Joy's positive attitude and ability to make friends establishes her as a role model, inspiring others to try new things and demonstrating inclusiveness, acceptance, respect, and empathy.

## Discussion Questions

1. What sort of activities did you think Joy could do herself?
2. Do you do some of the same activities as Joy? Which ones?
3. Pick one of your favourite activities that you saw Joy do. How did she do it? Was it the same or different from how you do it?
4. Does it matter if everybody does things the same way? Why?
5. What sort of things have you learned to do all by yourself like Joy?
6. Joy isn't afraid to try new things. How do you feel about trying new things?
7. Who are Joy's friends and what do they do together?
8. What do you do with your friends?
9. In what ways are you and Joy the same?
10. Can you think of someone you know who is different from you in some way? In what way are they the same as you?
11. Why do you think the book is called *Just Like You*?