

# FROM MY HEAD TO MY TOES

## Parent & Child Discussion Questions

*From My Head to My Toes*, written by Aly Raisman and illustrated by Bea Jackson, is an important book that discusses big topics such as bodily autonomy and consent in a positive way. Raisman centers self-love in her narration and gives both children and adults tools they can use to have conversations about being safe, respectful, and kind.

### LOOK AT THE TEXT TOGETHER

1. Aly makes sure to listen to her body: “I listen to my body. It tells me when I am hot or cold, and when I am sleepy or hurt or hungry.” Can you tell how the other children are feeling from their body language?
2. Aly says that her body tells her when she is happy and when she is sad. How does her body communicate this? How does yours?
3. Aly states that she is kind to her body because she loves her body. What are some things she does to be kind to her body? What do you like to do?
4. Aly includes a lot of affirmations about herself and her body throughout the book. She states she is strong, beautiful, unique, enough, powerful, and worthy. Why do you think it’s important to say nice things about yourself? What are some nice things you can say about yourself?
5. What are your thoughts and feelings after finishing this book?

### DISCUSS THE THEMES

1. Many times throughout the book Aly says: “From my head to my toes.” Why do you think she repeats this so many times?
2. Throughout the book we see a lot of different children doing a lot of different activities. Why is it important to communicate how you are feeling while playing or doing other activities?
3. There are a few instances where the children in the book are not happy with other people touching their bodies without permission. How do they show that they don’t want to be touched? Why is getting and giving permission so important?
4. It is sometimes hard to talk to another person about something that makes you feel uncomfortable. Aly points out that it is always okay to ask for help. Who are the people in your life that you can talk to and who make you feel safe?
5. Some big themes in this book are to always listen to your body and to always respect the feelings of yourself and others. Why are these principles so important? What are some ways you can ensure you carry out these principles in the future?

