

# It Feels Good to Be Yourself: A Book about Gender Identity

[Link to Teaching Books](#)

## It Feels Good to Be Yourself: A Book about Gender Identity

### Author

Theresa Thorn

### Illustrator

Noah Grign

### Year

2019

### Genre

Nonfiction

### Suggested Grade Level

Pre-K, Kindergarten, 1st, 2nd, 3rd, and 4th

### Cultural Experience

Gender, LGBTQ+

*"It feels good to be yourself. Your feelings are real, and no matter your gender identity, you're OK (and loved) exactly as you are."*

### Content Area Connections:

**Language Arts:** Define key vocabulary related to gender identity introduced in the text. Ask and answer questions to clarify ideas presented in the book. Explain how the author uses examples to help readers understand identity and belonging. Summarize how the children in the book describe themselves and their experiences.

**Social Studies:** empathy, identity, how families provide support, essential qualities to learn and work together, how people build strong communities, seeing different events from different points of view, characteristics of responsible citizenship, how citizens solve problems and work together, how diverse communities impact their community

**Social Emotional Learning (SEL):** Develop self-awareness by reflecting on personal identity and what makes each person unique. Demonstrate respect for different identities and experiences (social awareness). Practice inclusive language and supportive communication when discussing identity (relationship skills). Consider how communities create spaces where everyone feels valued and respected.

**Art:** Interpret how the illustrator uses color, character design, and expression to represent identity and individuality. Examine how visual elements communicate emotions and personality. Create a self-portrait that highlights aspects of identity such as interests, culture, personality traits, or community connections.

### Primary Source Connection:

- [Children in Action](#)
- [A Close Look at the Miyatake Family](#)
- [Rosa Parks: A Proud Daughter](#)
- [Class self-portraits from 1996](#)
- [Self Portrait collection](#)

### Other Books:

- [Introducing Teddy](#) by Jessica Walton
- [From the Stars in the Sky to the Fish in the Sea](#)
- [Red: A Crayon's Story](#)
- [The Day You Begin](#)