This high-interest, low-vocabulary book was created for a literacy education program for adults. The book contains ideas about self-esteem and practice in thinking about and writing the personal information that may be necessary to relate to others in work and social settings. Practice lessons include writing about colors and learning to measure. (KC)
I AM IMPORTANT!
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Created by:
Andrea Newell
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I AM IMPORTANT!

I am a very important person.

Why I am important?

Because no one is just like me.

I am the only person who is just like me.

Some people are taller than I am.

Some people are younger than I am.

Some people are older than I am.

But no one is just like me.

And no one is just like you!

So you are important, too.
Who are you?

Because no one is just like you, you are important.

How tall are you?

I am _______ centimetres tall.

I am _______ feet and ______ inches tall.

How big are you?

I am _______ kilograms.

I am _______ pounds.

What colour is your hair? Is it long or short?

Is it straight or curly?

My hair is ______________

_________________ and

_________________

What colour are your eyes? Do you have glasses?

My eyes are ______________. I _______ have glasses.

(do/do not)

How old are you?

I am _______ years old.

My birthday is ____________________.
Who lives with you?

I live with ____________________________.

Where do you live?

I live at ____________________________.

Where do you work?

I work at ____________________________.

What do you do at work?

At work I ____________________________.
What do you do at home?

At home I ________________________________.

What do you like to do?

I like to ________________________________.

What don't you like to do?

I don't like to ________________________________.
You can do things no one else can do.

You feel like no one else.

You think like no one else.

What you do is like no one else.

You are important.

I want to learn about you.

HOW DO YOU FEEL?

When do you feel happy?

I feel happy when ____________________________.

When do you feel sad?

I feel sad when ____________________________.

When do you feel mad?

I feel mad when ____________________________.

When do you feel proud?

I feel proud when ____________________________.
When do you feel loving?

I feel loving when _______________________.

When do you feel hurt?

I feel hurt when _______________________.

When do you feel worried?

I feel worried when _______________________.

What else do you feel?

I feel ______________ when _______________________.

That tells me some about you.

I want to learn more about you.
What do you think about your work?

I think _____________________________.

What do you think about your family?

I think _____________________________.

What do you think about your friends?

I think _____________________________.

What do you think about reading?

I think _____________________________.

What do you think about your future?

I think _____________________________.

What do you think about your past?

I think _____________________________.

I think
What do you think about God?

I think __________________________________________.

What do you think about most often?

I think __________________________________________.

That tells me much about you.

I want to learn more about you.

End these sentences with your feelings and thoughts:

I want __________________________________________.

I wish __________________________________________.

I hope __________________________________________.

I can ____________________________________________.

I will ____________________________________________.
Wow! No one is like you.

You are important.

There is only one of you.

Tell me more about you.

WHAT DO YOU DO?

End these sentences with what you do:

When I am happy I ____________________.

When I am sad I ____________________.

When I am mad I ____________________.

When I am proud I ____________________.

When I am loving I ____________________.

When I am hurt I ____________________.
When I am worried I ________________

When I am alone I like to ________________

When I go shopping I like to ________________

When I am at work I like to ________________

When I am having fun I like to ________________
Each day you change.

Your body might change.

Your thinking might change.

Your feelings might change.

All of us change a bit each day.

What would you like to change?

I would like to change ____________________.

Thank you.

Now I know more about you.

Your thoughts are important.

Your feelings are important.

What you do is important.

You are important.
Notes to tutor:

All of us need to understand ourselves - that is our self-concept.

All of us need to feel good about ourselves - that is our self-esteem.

This chapter is written to help you and the student learn about each other. With the student, record his/her answers in the book. Use the student's words and the exercises as some of your first lessons.

******************************************************************************************************************************************************

SOME
SOME
MORE
LESS
MOST
LEAST

We like to compare everything!
We use words to help tell us about objects.
When we have some we use the root word.
When we have more or less, we add "er" to the root word.
When we have most or least, we add "est" to the root word.

Some
---

Less:
More: "+ er"

Least:
Most: "+ est"

tall
taller
tallest

short
shorter

old

young
younger

big
biggest

small
smaller

long

fast

slow

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All objects have colours.

What is your favourite colour?

My favourite colour is ________________.

Match the object to its colour:
- oranges: white
- sky: yellow
- grass: blue
- snow: red
- grapes: green
- mud: orange
- cherries: purple
- tar: brown
- lemons: black

Eyes are in many colours:
- blue
- brown
- green
- grey
- hazel

What colour are your eyes?

My eyes are: ________________.

Hair is in many colours:
- red
- blond
- grey
- brown
- white

What colour is your hair?

My hair is: ________________.
We like to measure everything.
We measure how tall objects are.
We measure how big objects are.

Here are some words about measures:
This is a centimetre. _____
This is an inch. __________
This ruler is 1 foot long.
It is also _____ centimetres long.

Use the ruler to measure this book:
This book is _______ centimetres wide.
   or _______ inches.
This book is _______ centimetres long.
   or _______ inches.

Measure other objects in the room:

<table>
<thead>
<tr>
<th>OBJECT</th>
<th>MEASURED</th>
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<td>1.</td>
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A yard is 3 feet. A metre is 1000 centimetres. A metre is 3 inches longer than a yard. A mile is 5280 feet. A kilometre is 1000 metres. A mile is ________ kilometres.
* Needed for this exercise: 1. measuring spoons
2. measuring cup

This is a teaspoon. It is 5 millilitres.
This is a tablespoon. It is 15 millilitres.
This is a cup. It is _______ millilitres.

Many objects are measured in litres. A litre is almost 4 cups. A litre is 1000 millilitres. We get milk in 1 litre boxes. We get gas, for our cars, in litres.

* Needed for this exercise: measured object such as 1 tub of yogurt

This is _______ grams. Just one gram is very small.
1000 grams are in a kilogram.
A kilogram is a bit more than 2 pounds.

What do you measure?
Many forms want to know about you. You use the same words each time. *Try this form:*

**Name:**

**Address:**

   ____________  ____________

   street       city

   ______________

   postal code

**Telephone:**

**Date of Birth:**
Numbers are important.
With numbers we can measure anything.

What are your numbers?

My age is ______ years.

I am ______ centimetres tall.

I am ______ kilograms.

My Health card number is: ____________________

My Social Insurance number is: ________________

My telephone number is: _____________________

The Emergency telephone number is: ___________.

My work telephone number is: __________________

My doctor's name is: _____________________________

His/her telephone number is: ________________

Other numbers: my lottery numbers
my friend's telephone number
my next of kin's telephone number