

If You Could Be Anybody...

Teacher Notes

Suggested age range: 5–9 years **Suggested school levels:** Lower Primary

Overview

If You Could Be Anybody... is a thoughtful and moving picture book about self-worth, identity, inclusion, and belonging. After a teacher gives the class an assignment to answer the question, If you could be anybody, who would you be?, the children return with a variety of responses. One child's answer stands out. Her honest and carefully measured reflection invites the class to think more deeply about difference, friendship, and what it means to become the best version of yourself.

These teacher notes are designed to support respectful classroom conversations about identity, empathy, inclusion, and recognising the value of every child.

Key Themes

- Identity
- Self-worth
- Inclusion
- Belonging
- Empathy
- Respect for differences
- Personal growth

Learning Opportunities

- Speaking and listening
- Personal and social development
- Reflective writing
- Empathy and inclusion
- Respectful classroom discussion

Before Reading

- If you could be anybody, who would you choose?
- Why do people sometimes wish they were someone else?
- What makes each person special?
- What does it mean to be the best version of yourself?

During Reading

- The different responses children might give
- The feelings behind the girl's answer
- The challenges she describes

- The wisdom in her final conclusion

After Reading Discussion Questions

- What was the class assignment?
- Why were the children's answers all different?
- What made the girl's answer so special?
- What did she dream of when she was younger?
- Why did she sometimes wish she were someone else?
- What did her mother help her understand?
- What does it mean to be the best me that I can be?
- How can we help others feel included and valued?
- Why is friendship important?
- What can we learn from this story about ourselves and others?

Key Message

Every person has value, purpose, and the ability to make a difference. We do not need to become somebody else to matter. What matters most is learning to value who we are and becoming the best version of ourselves.

Classroom Activities

If I Could Be Anybody

Invite children to respond to the story prompt themselves through writing or drawing. After sharing, discuss how different answers reflect different hopes, interests, and personalities.

The Best Me I Can Be

Ask children to complete the sentence: The best me I can be is someone who... They may write, draw, or dictate their response.

What Helps People Feel Included?

Create a class chart of ways to help others feel welcome, included, and valued in games, group work, and everyday school life.

My Strengths

Invite each child to identify one strength, one kind quality, and one thing they enjoy about themselves. This can become a class display celebrating individuality.

Cross-Curricular Links

English: Reflective writing; personal response; speaking and listening; understanding message and theme

Personal and Social Learning: Self-esteem; empathy; inclusion; respectful relationships

Art: Self-portraits; "This Is Me" posters; class display about belonging and individuality

Extension Ideas

- Create a class book titled The Best Me I Can Be.

- Discuss the difference between wanting to copy someone and admiring their qualities.
- Write short friendship pledges about including others.
- Make a classroom poster celebrating the idea that everyone matters.

Home Connection

Encourage children to talk with family about their strengths, dreams, and the qualities that make them uniquely themselves.