



BIG

VASHTI
HARRISON



TEACHING TIPS

WHAT DOES BIG MEAN?

What does the word “big” mean to you? Is it a positive word or negative word? What are some ways we act “big”?

Big is the story of a young girl who dreams big. As she grows she receives positive reinforcement about her growth. But one day, the word “big” is used with a negative connotation. People continue to comment on the girl’s size until one day, she stands up to their criticism.

While their words sting, the little girl realizes that their words do not define who she is. She embraces her size and beauty and redefines what “big” means to her.

WHAT ARE YOUR WORDS?

Think about who you are. What are the words you would use to describe your body? What are the words you would use to describe what kind of person you are?



USE YOUR VOICE

In the story, people use words to talk about the girl. The words they use hurt the girl’s feelings. What can you do when someone uses words that hurt your feelings? What can you do when you hear someone use words that will hurt someone else’s feelings?

People come in all shapes and sizes. The idea of a “normal” body size does not exist. When we see someone being treated differently or unfairly because of their body size, we should use our voice to speak up.

These Teaching Tips were created by Vera Ahiyya, Author, Educator, Presenter & Educational Content Creator