



**Big
and
Strong**

I Belong!

Written by Bonnie Morris

Illustrated by Linda Olliver

Big and Strong I Belong!



Eifrig Publishing LLC
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This book is
dedicated to
Kandy and Ally.
BJM



Sara is
A little girl

Who's BIG.



One day
Her best friend Ann

Called her a PIG.

No one likes
To have

Their feelings hurt.

Sara
Hid her face

Inside her shirt.



“Ann, you hurt
my feelings,”

Sara cried.



“I'm bigger,
But I'm made like you

INSIDE.”

The next day

Everyone

Played basketball.



Ann made
Lots of baskets.

Ann is TALL.



When Sara said,
“Wow!

I can't score
Like that!”



Ann told Sara,
“It's because

You're FAT.”





That's when
Sara's teacher
Stopped the game.



“Ann,” she said,
“Inside, we're all
The same.”



We all have
Bones and bellies,
Skin and hair,
And calling names
That hurt
Just isn't fair.



When we grow up,
Our bodies
Start to change.



Some bodies
End up big,
And that's not strange.



All of us,
Big or thin
Or short or long

Can find a place
In dance,
Art, sports
Or song.



Some girls are big,
And strong —
That's how they grow.”



And then the teacher gave them a new rule:



Sara went home
Happier

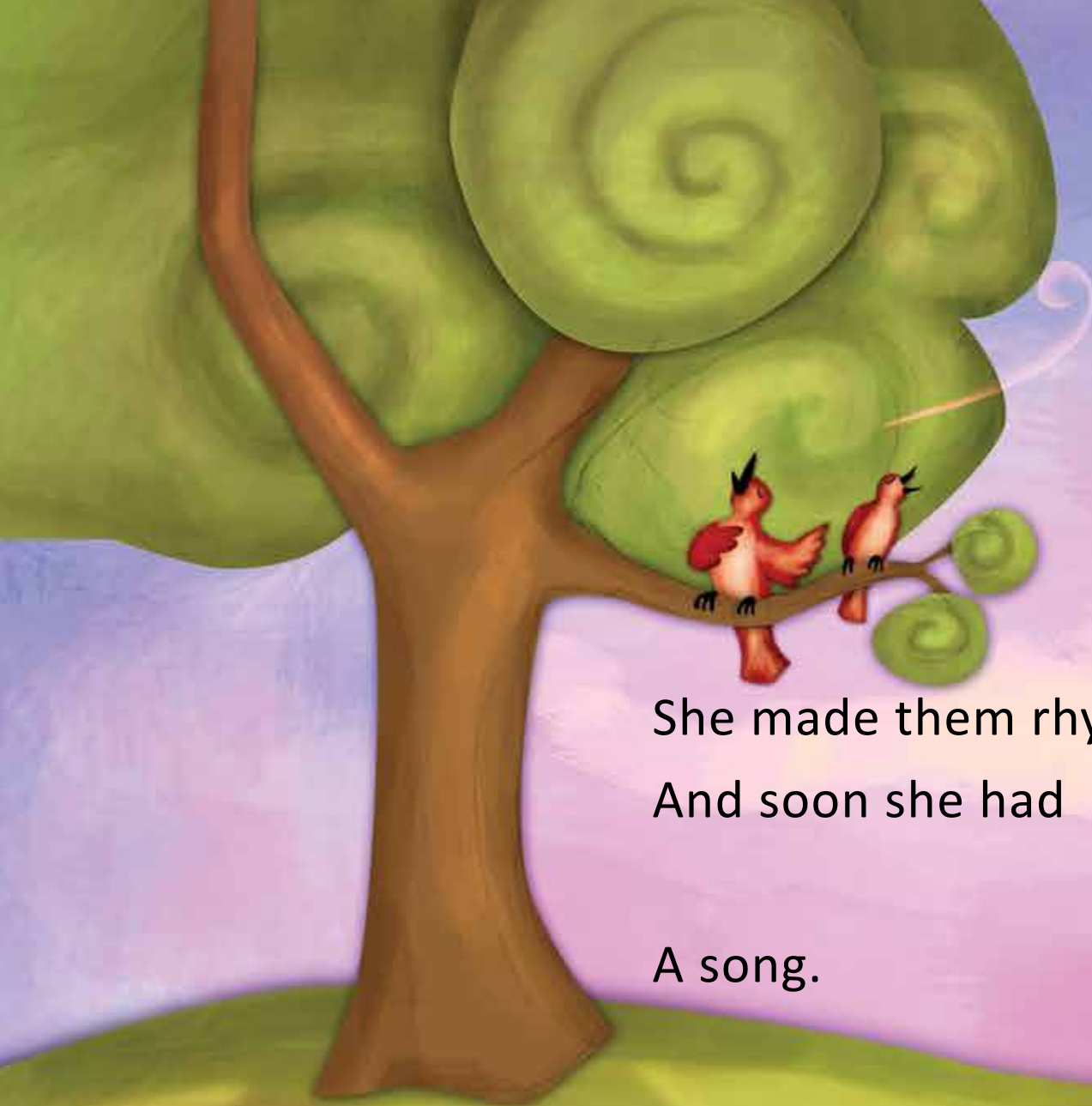
That day.



She knew she'd find
Just the right words

To say.





She made them rhyme,
And soon she had

A song.

“I'm ME!
I'm big
And strong,

And I BELONG!”



What about you?



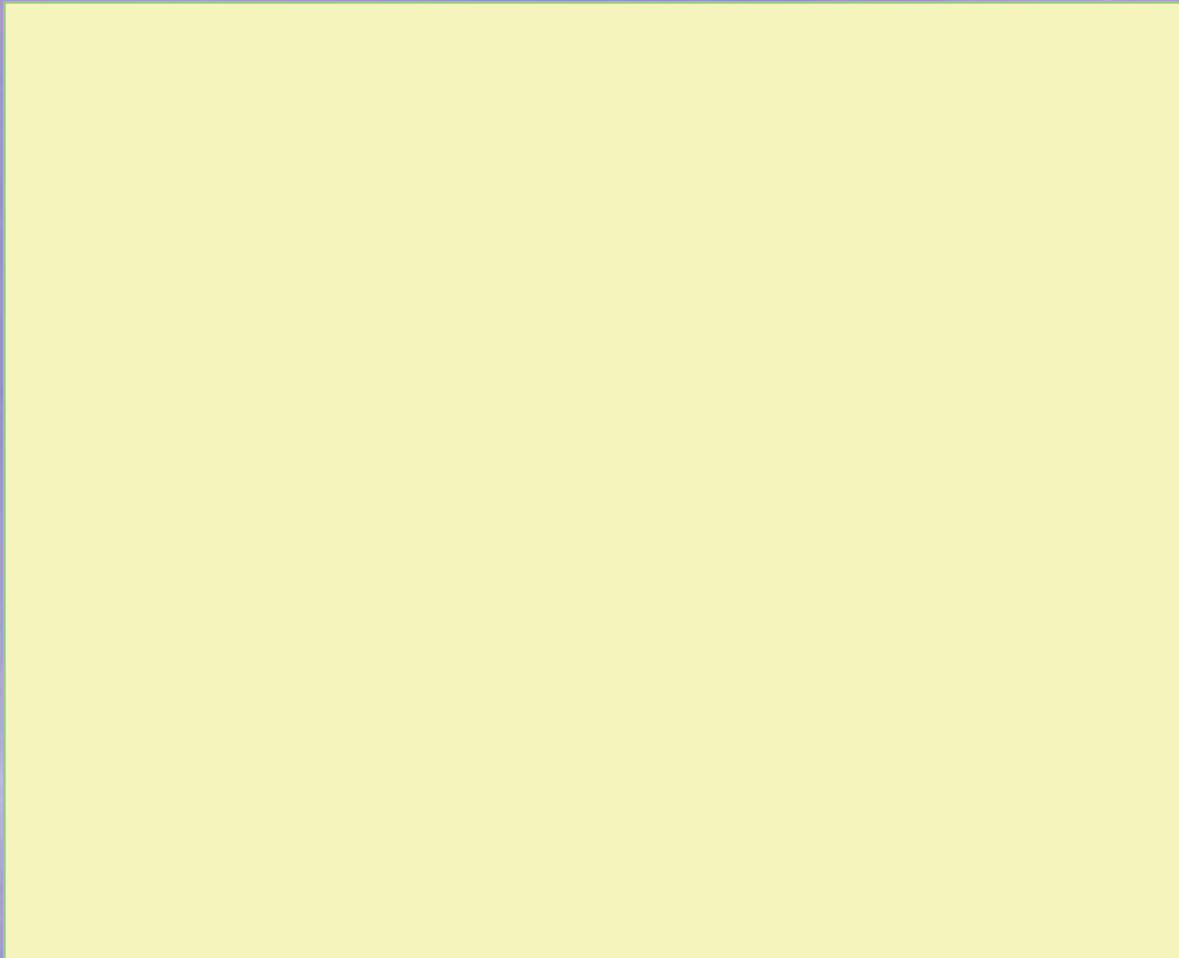
You can draw or write about how you feel here!
(or photocopy this if it is not your book!)



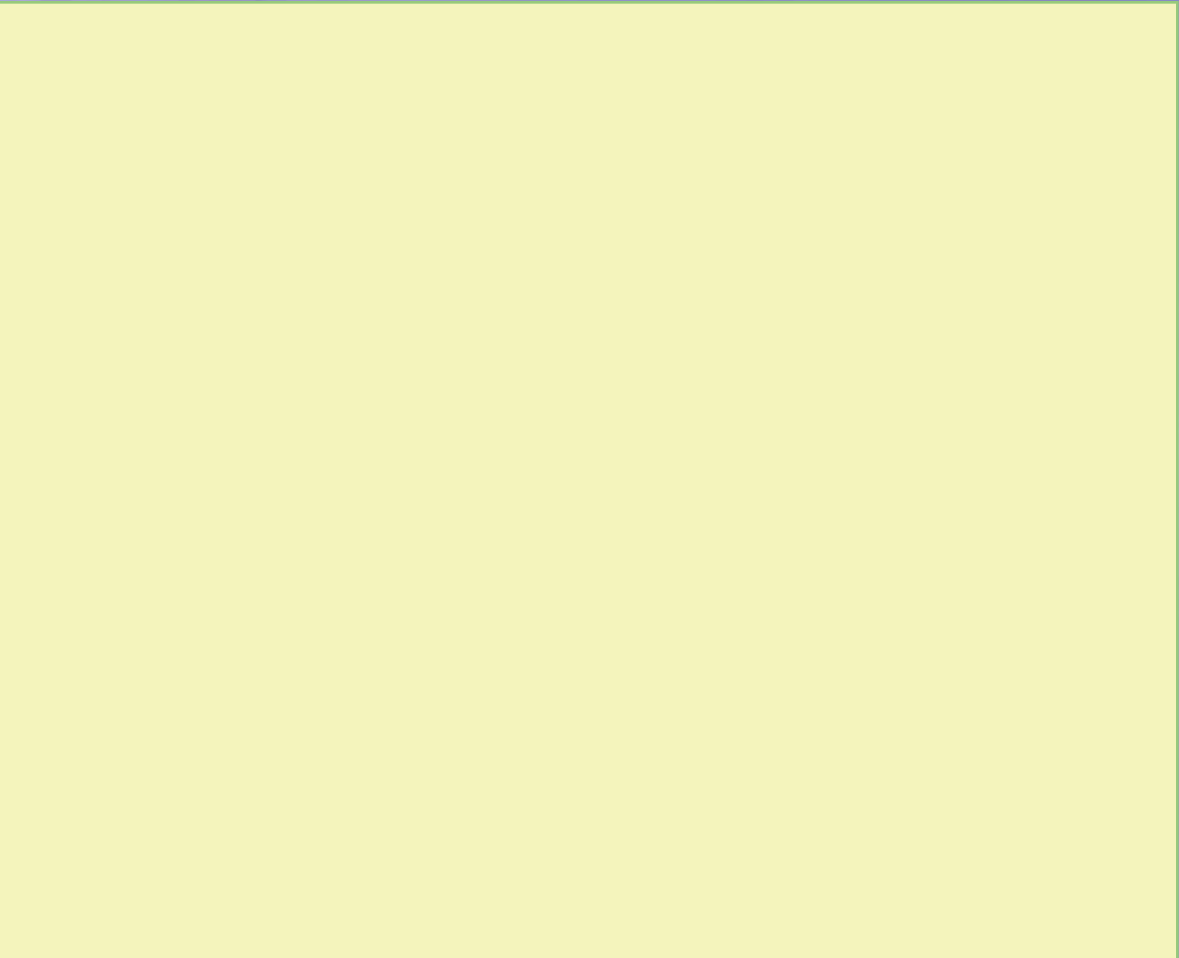
We're all different!
What's different and special about YOU?



When do you feel big and strong?



We can all help stop teasing and bullying.
What are YOUR ideas?



What is one thing you would like other kids and
grownups to know about your feelings?



BONNIE J. MORRIS, Ph.D., is a women's history professor on the faculty of both Georgetown and George Washington University. She has contributed essays, poems and stories to over fifty anthologies of women's writing. **BIG AND STRONG** is her eighth book.



LINDA OLLIVER is an illustrator based in Baltimore, MD. In her past, she has worked as a designer and art director in New Jersey, Los Angeles, and Washington, D.C. She is delighted to have illustrated **BIG AND STRONG**.