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“You and Yourself”

(A story about taking care of the most important friendship of all)

This heartwarming story helps children discover how to care for their most important relationship — the one with themselves. Through playful rhymes and cheerful lessons from Rosie and her silly friend, Douglas, the dinosaur, kids learn to use kind words, bounce back from mistakes, and treat themselves (and others) with kindness and compassion.

You and Yourself is a gentle reminder for kids — and grown-ups too — that how we treat ourselves impacts *ALL* our other relationships.

You have an extra special friend,
One you may not yet know -
But that friend is inside of you,
And she goes wherever you go.



Get to know that wonderful girl –
She has a lot to share;
Listen to what she thinks and feels.
You two make a great pair!



How are you
feeling today?

I'm proud of myself for trying something new!



Let's Talk About Taking Care of YOU

Thinking and talking about these questions and even acting them out can help a child to learn how to be a good friend to oneself.

1. What can you do today to be a good friend to yourself?
2. When you feel mad or scared, what can you do or say to help yourself feel calm and brave?
3. When you make a mistake, what can you say to be kind and patient with yourself?
4. When something feels hard, what can you say to help yourself keep trying?