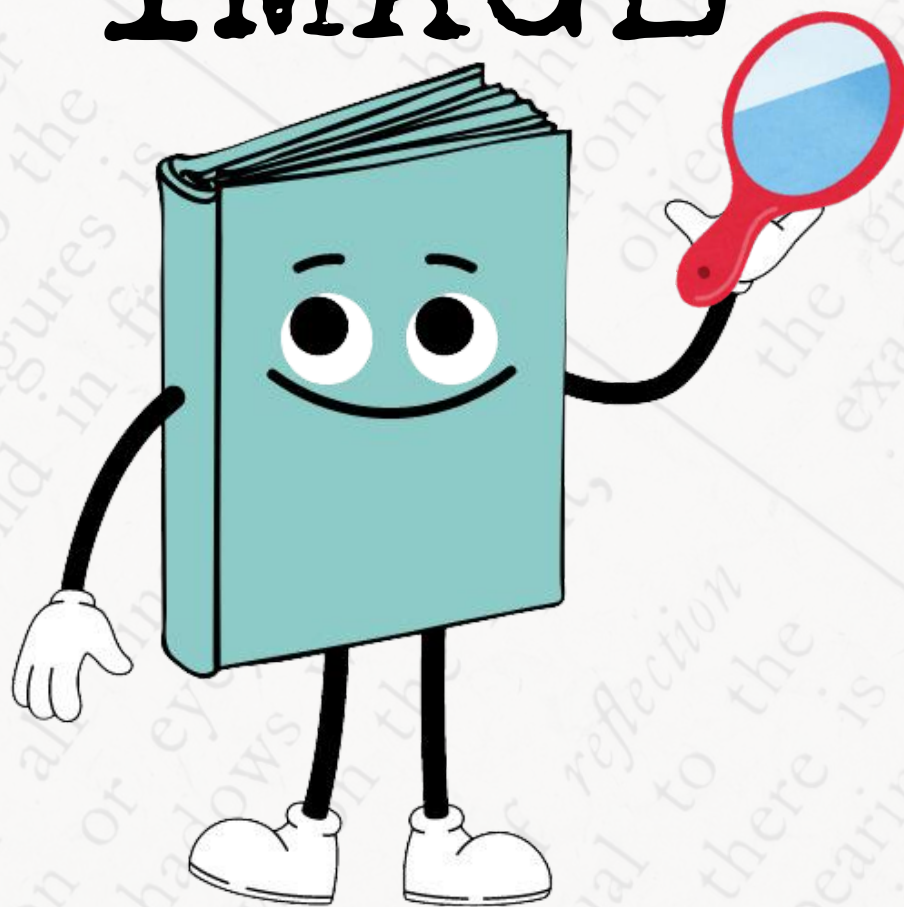


WNC BOOK LISTS

TOPIC CURATED TITLE SUGGESTIONS

BODY IMAGE



HOW TO USE THIS RESOURCE

In this resource you will find a curated list of books about body image as well as a variety of accompanying materials.

How to Use This Resource

1. Choose a title from the body image list.
2. Scan the QR code to play the read-aloud video.
3. Students complete the response sheet while listening.
4. Students vote: Would you keep reading?
5. Display the book cover poster to build classroom book buzz.

Classroom Use Ideas Quick List:

- First Chapter Friday
- Sub plans
- Book tasting stations
- Library preview lessons
- Early finisher reading activities



To check the reading level, video length or to find a book purchasing link, look at this [Google Doc](#) that organizes ALL of my First Chapter Friday read aloud videos alphabetically.

-Table of Contents

Page 2: Instructions/Table of Contents

Page 4: What is First Chapter Friday?

Pages 5-6: Book Tracking Charts

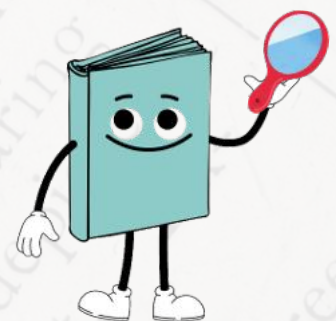
Page 7: Book List

Pages 9-12: Individual Book First Chapter Friday Sheets

Pages 14-17: Individual Book Posters

** More resources will be added in the future including a Reading Round Up Video to briefly explain every video on this list and possibly even some thematic coloring sheets.

As always, please email me with any title requests or questions. (wordnerd@amandazieba.com)

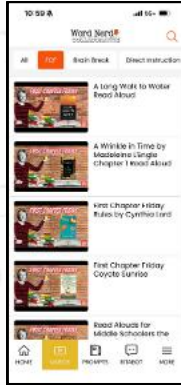


HAPPY READING!

Word Nerd Daily

an app from Amanda Zieba

MUST TRY!



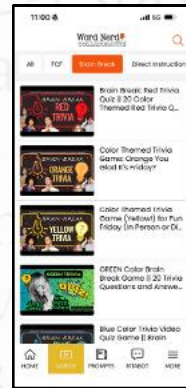
First Chapter Friday Videos

ChatBot for Reading Recs and Lesson Planning



Writing Prompt Library

Brain Break Videos



AVAILABLE FOR APPLE AND ANDROID DEVICES



FIRST CHAPTER *Friday Videos*

Not sure how First Chapter Friday works?

Check out this [video](#) for a full explanation and 4 implementation ideas.

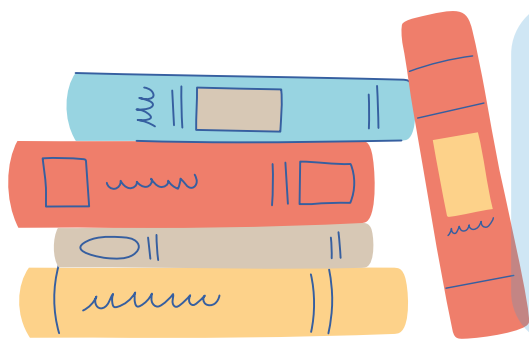


If you prefer a written description in lieu of a video, click [here](#).

[Click here](#) for a live, continually updated, Google Doc of the First Chapter Friday videos on my channel. Additionally you will find links to purchase the books and watch the read aloud videos, as well as book reading levels, genre/format, video length and more!

All my best,
Amanda Zieba

[illegible]

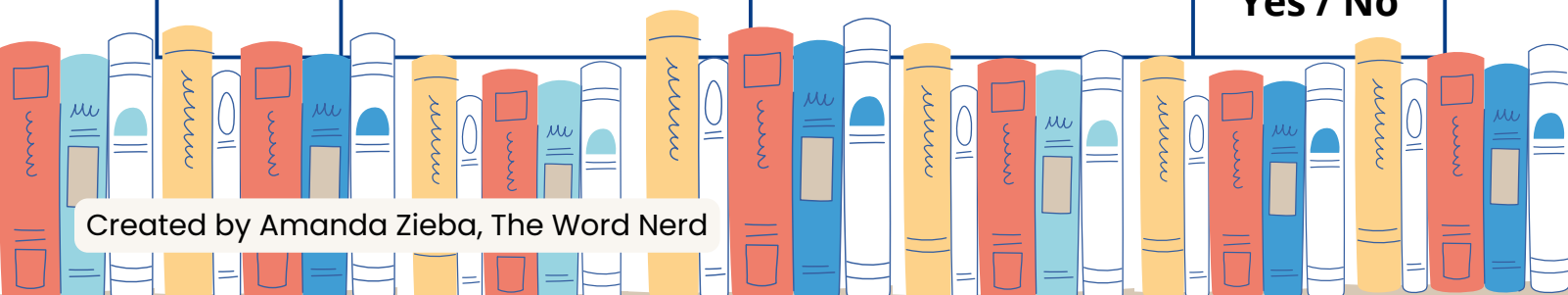


BOOKS I'VE *Read*



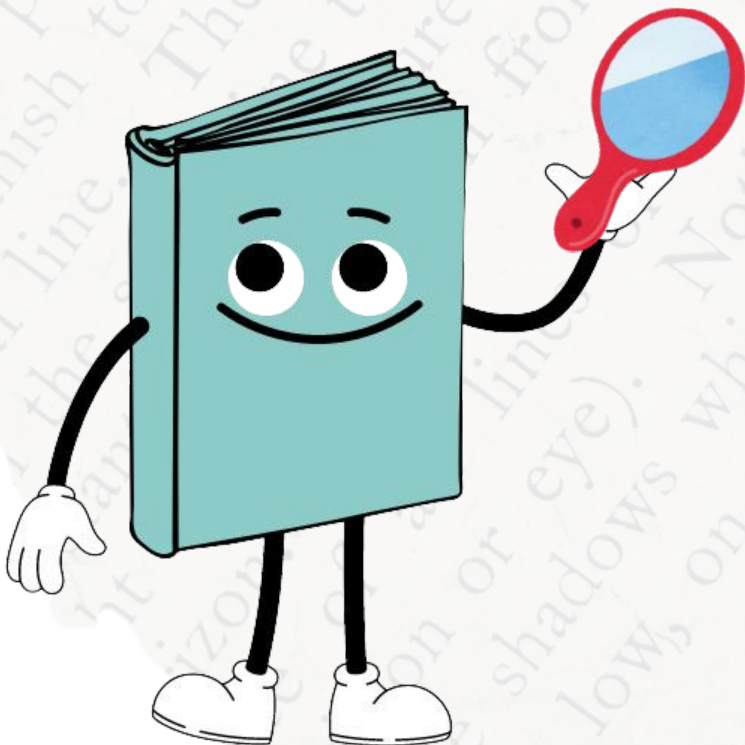
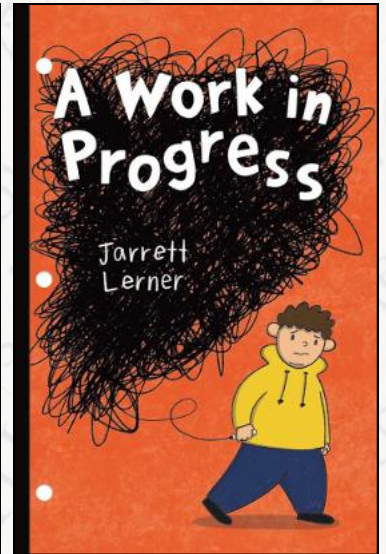
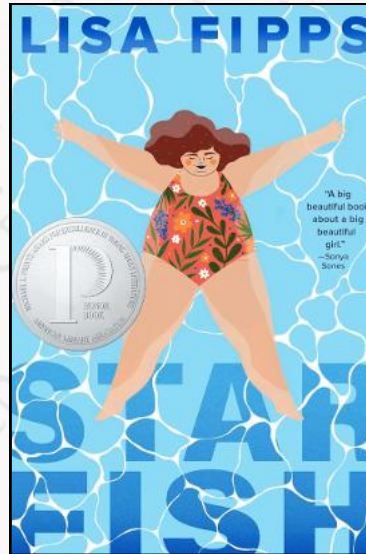
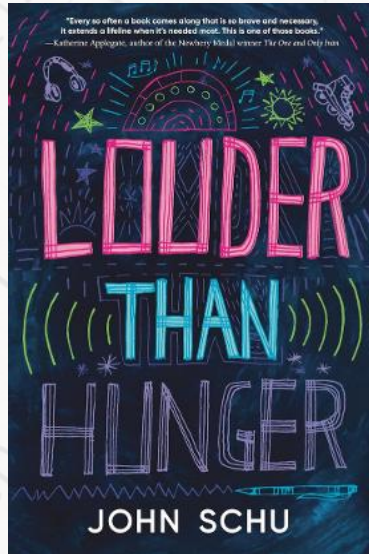
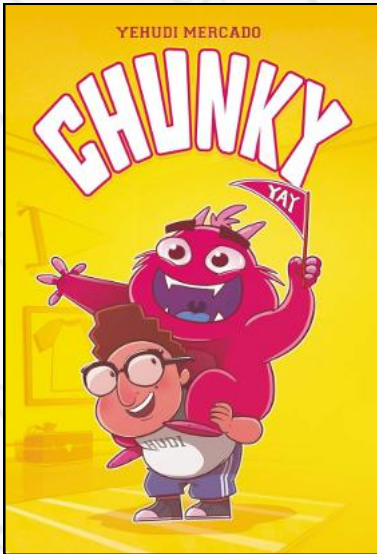
Name: _____ Class: _____

Date	Book Title & Author	Reaction	Would Recommend?
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No



BODY IMAGE

The books on this list touch on the topic of body image. Characters in this section face difficult situations in their lives based on their body image. Sometimes the difficulties come from others in their life and sometimes they come from within the character themselves, and oftentimes, both.



Chunky
by Yehudi Mercado

Louder than Hunger
by John Schu

Starfish
by Lisa Fipps

A Work in Progress
by Jarrett Lerner



Name _____

Date _____



Chunky

by Yehudi Mercado



Read Aloud Video

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

What's It About?

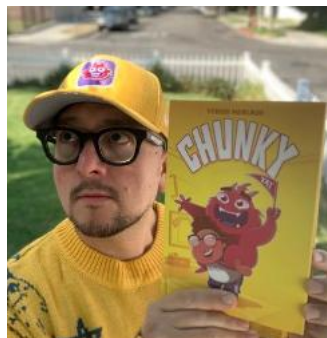
Hudi needs to lose weight, according to his doctors. Concerned about the serious medical issue Hudi had when he was younger, his parents push him to try out for sports. Hudi would rather do anything else, but then he meets Chunky, his imaginary friend and mascot. Together, they decide to give baseball a shot.

As the only Mexican and Jewish kid in his neighborhood, Hudi has found the cheerleader he never had. Baseball doesn't go well (unless getting hit by the ball counts), but the two friends have a great time drawing and making jokes. While Hudi's parents keep trying to find the right sport for Hudi, Chunky encourages him to pursue his true love—comedy.

But when Hudi's dad loses his job, it gets harder for Hudi to chart his own course, even with Chunky's guidance. Can Chunky help Hudi stay true to himself or will this friendship strike out?

Who Wrote It?

Yehudi Mercado is a former pizza delivery driver and art director for Disney Interactive. He is currently a writer-artist-director. "During his time at Disney he co-wrote and was the Art Director for Guardians of the Galaxy: The Universal Weapon (Mobile Game). His original graphic novels as include Buffalo Speedway, Pantalones, TX, Rocket Salvage and Sci-Fu: Kick it Off (which was featured on the Scholastic Book Fair and was one of the top 10 most checked out books for kids in the New York Public Library System)" (www.bricfoundation.org). Yehudi was born in Mexico City, grew up in Texas, and now lives in Los Angeles.



You can learn more about Yehudi and his work on his website: <https://www.supermercado.pizza/about>

AR Reading Level: currently unavailable Lexile Level: currently unavailable

I want to read this book: YES / NO

☆☆ WHAT I THINK ☆☆



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.



Name _____

Date _____

Louder Than Hunger

by John Schu



Read Aloud Video

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

What's It About?

Jake volunteers at a nursing home because he likes helping people. He likes skating and singing, playing Bingo and Name That Tune, and reading mysteries and comics aloud to his teachers. He also likes avoiding people his own age . . . and the cruelty of mirrors . . . and food. Jake has read about kids like him in books—the weird one, the outsider—and would do anything not to be that kid, including shrink himself down to nothing. But the less he eats, the bigger he feels. How long can Jake punish himself before he truly disappears? A fictionalized account of the author's experiences and emotions living in residential treatment facilities as a young teen with an eating disorder, *Louder than Hunger* is a triumph of raw honesty. With a deeply personal afterword for context, this much-anticipated verse novel is a powerful model for muffling the destructive voices inside, managing and articulating pain, and embracing self-acceptance, support, and love.

Who Wrote It?

John Schu has made a career out of advocating for the people and things he cares about most: kids, books, and the people that connect them. He was named a Library Journal Mover and Shaker for his dynamic interactions with students and his passionate adoption of new technologies as a means of connecting authors, illustrators, books, and readers. He is the children's librarian for Bookelicious, a part-time lecturer at Rutgers University, and shares his love of reading with countless educators and students around the world. He served as the Ambassador of School Libraries for Scholastic Book Fairs for almost 6



years. *Louder Than Hunger* relays many of John's personal experiences of having an eating disorder in 7th grade. Learn more about John, [here](#).

AR Reading Level: N/A

Lexile Level: N/A

I want to read this book: YES / NO

☆ ☆ WHAT I THINK ☆ ☆



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.



Name _____

Date _____

Starfish

by Lisa Fipps



Read Aloud Video

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

What's It About?

Ellie is tired of being fat-shamed and does something about it in this poignant debut novel-in-verse. Ever since Ellie wore a whale swimsuit and made a big splash at her fifth birthday party, she's been bullied about her weight. To cope, she tries to live by the Fat Girl Rules--like "no making waves," "avoid eating in public," and "don't move so fast that your body jiggles." And she's found her safe space--her swimming pool--where she feels weightless in a fat-obsessed world. In the water, she can stretch herself out like a starfish and take up all the room she wants. It's also where she can get away from her pushy mom, who thinks criticizing Ellie's weight will motivate her to diet. Fortunately, Ellie has allies in her dad, her therapist, and her new neighbor, Catalina, who loves Ellie for who she is. With this support buoying her, Ellie might finally be able to cast aside the Fat Girl Rules and starfish in real life--by unapologetically being her own fabulous self.

Who Wrote It?

Lisa Fipps is a graduate of Ball State University, award-winning former journalist, current director of marketing for a public library (where she won the Sara Laughlin marketing award), and an author of middle-grade books. *Starfish* is her debut novel. She's working on her next novel and several others. She used to live in Texas, but currently lives in Indiana. Lisa loves art and music and collects rocks. She hates bugs and hanging up clothes, but loves dogs, especially her dog, Gigi. You can



learn more about Lisa by visiting her website: www.authorlisafipps.com or by watching the interview at the end of this video.

AR Reading Level: 4.1

Lexile Level: currently unavailable

I want to read this book: YES / NO

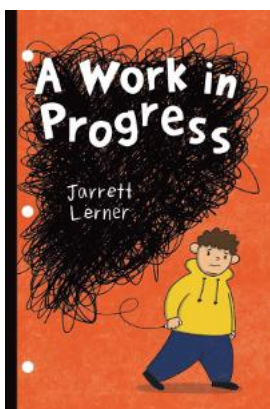
☆☆ WHAT I THINK ☆☆



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.

Name _____

Date _____



A Work in Progress

by Jarrett Lerner

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.



Read Aloud Video



Novel in Verse

What's It About?

Will is the only round kid in a school full of string beans. So he hides...in baggy jeans and oversized hoodies, in the back row during class, and anywhere but the cafeteria during lunch. But shame isn't the only feeling that dominates Will's life. He's also got a crush on a girl named Jules who knows he doesn't have a chance with—string beans only date string beans—but he can't help wondering what if?

Will's best shot at attracting Jules's attention is by slaying the Will Monster inside him by changing his eating habits and getting more exercise. But the results are either frustratingly slow or infuriatingly unsuccessful, and Will's shame begins to morph into self-loathing.

As he resorts to increasingly drastic measures to transform his appearance, Will meets skateboarder Markus, who helps him see his body and all it contains as an ever-evolving work in progress.

Who Wrote It?

Author-illustrator Jarrett Lerner is the award-winning creator of the EngiNerds series of Middle Grade novels, the Geeger the Robot series of early chapter books, the activity books Give This Book a Title and Give This Book a Cover, The Hunger Heroes series of graphic novel chapter books, and the Nat the Cat series of early readers. Jarrett is also the creator of the illustrated novel in verse *A Work in Progress*, as well as several as-yet-unannounced projects. In addition to writing, drawing, and visiting schools and libraries across the country, Jarrett spearheads fundraisers for various reading- and book-related causes. He is also



the founder and operator of Jarrett Lerner's Creator Club. He can be found at jarrettlerner.com and on Twitter and Instagram at [@Jarrett_Lerner](https://twitter.com/Jarrett_Lerner). He lives with his wife and daughters in Massachusetts.

AR Reading Level: unavailable

Lexile Level: unavailable

I want to read this book: YES / NO

☆☆ WHAT I THINK ☆☆



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.

INDIVIDUAL BOOK POSTERS



FIRST CHAPTER FRIDAY

CHUNKY

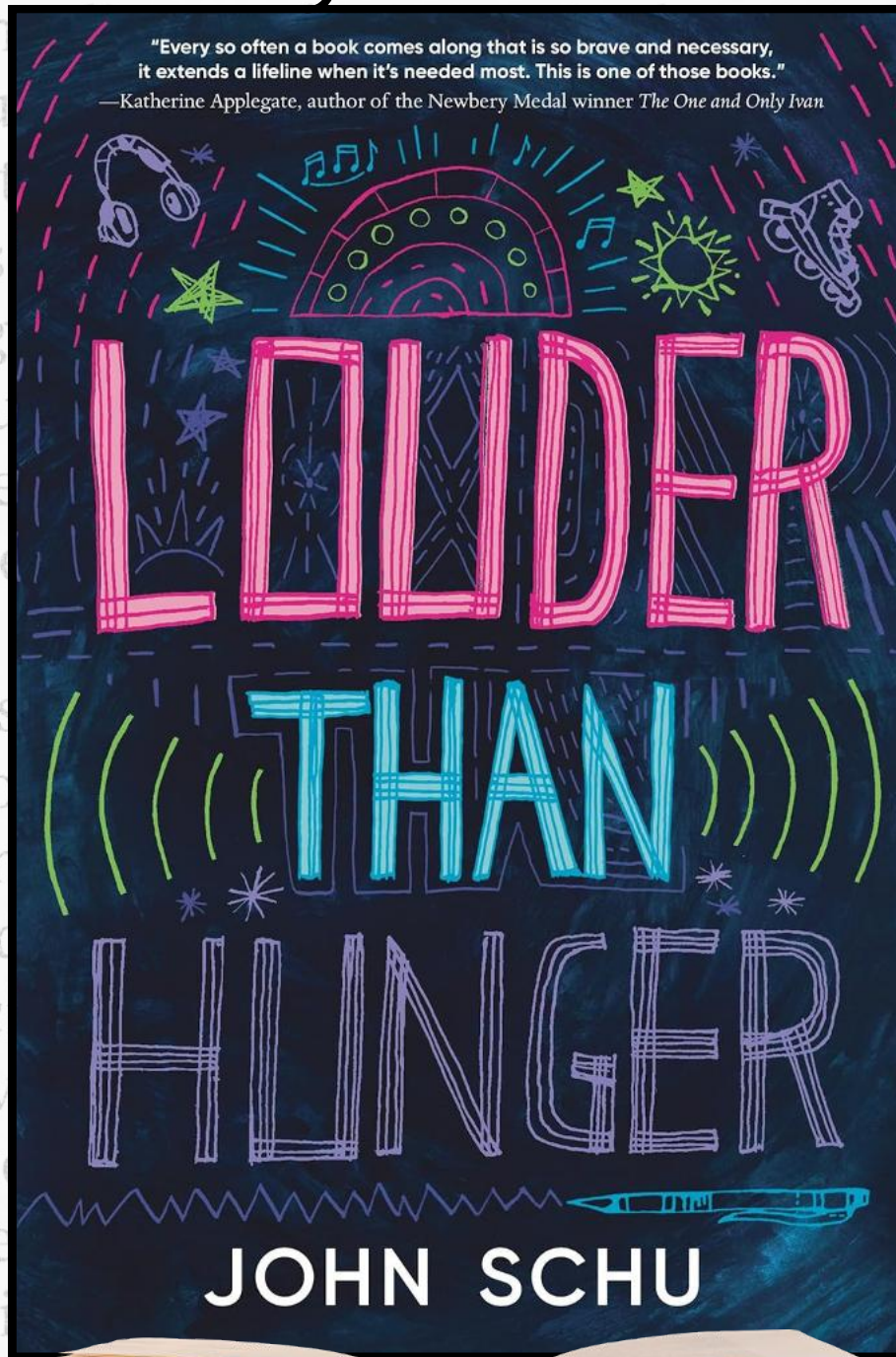
By Yehudi Mercado



FIRST CHAPTER FRIDAY

LOUDER THAN HUNGER

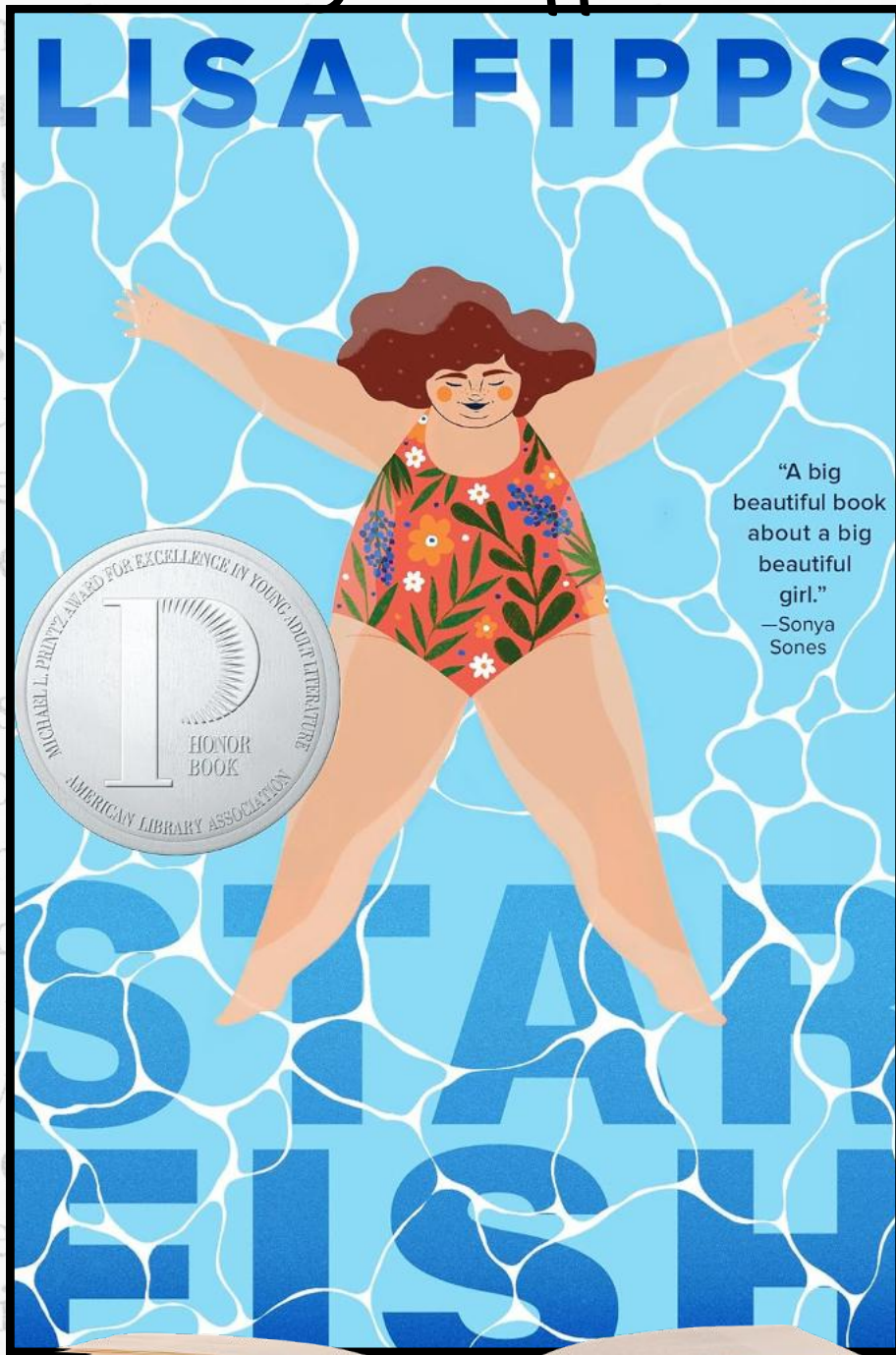
By John Schu



FIRST CHAPTER FRIDAY

STARFISH

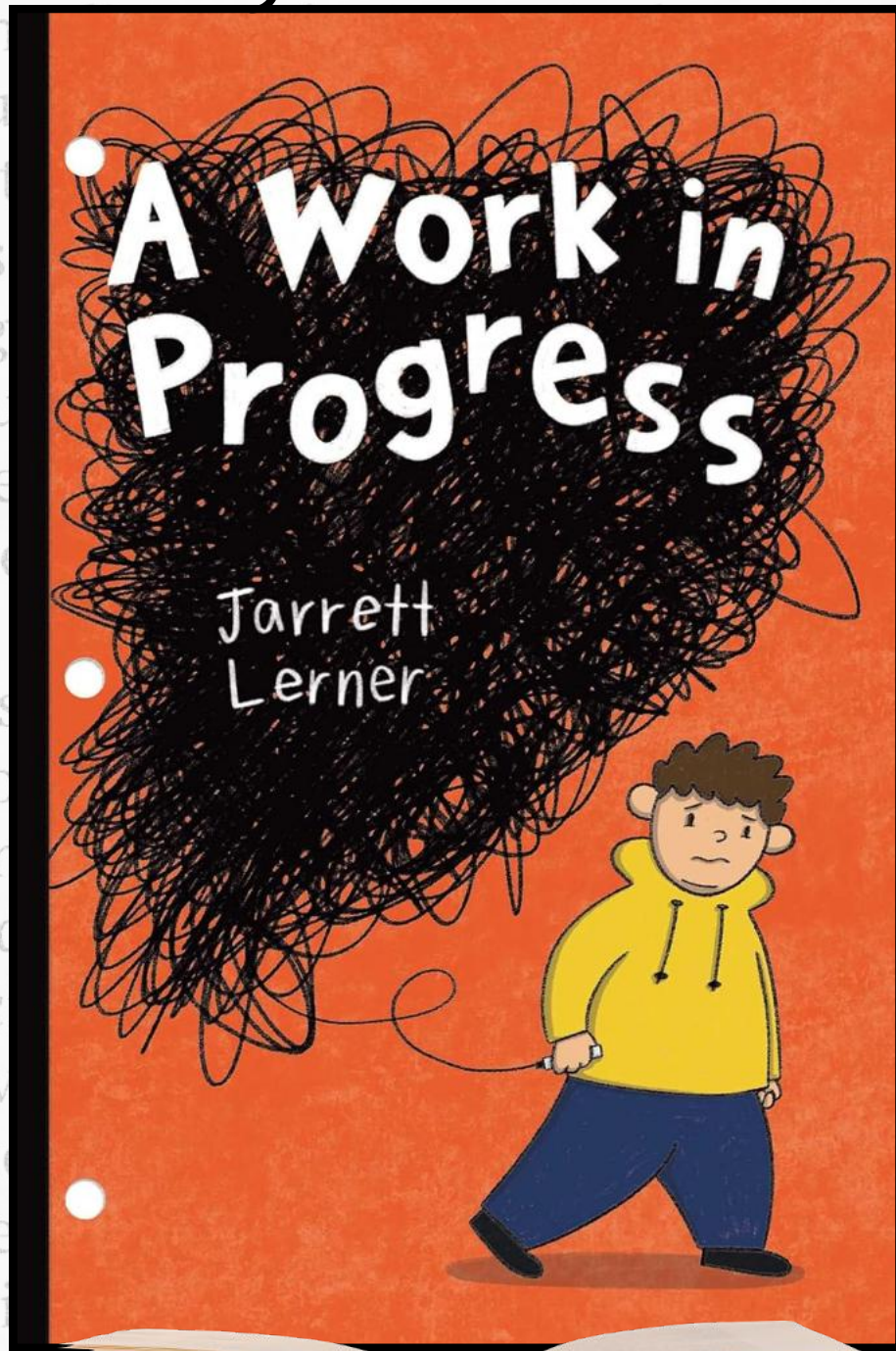
By Lisa Fipps



FIRST CHAPTER FRIDAY

A WORK IN PROGRESS

By Jarrett Lerner



FIRST CHAPTER FRIDAY