A Bad Case of Stripes

by David Shannon



Camilla Cream loves lima beans, but she never eats them. Why? Because the other kids in her school don't like them. And Camilla Cream is very, very worried about what other people think of her. In fact, she's so worried that she's about to break out in...a bad case of stripes!

- Scholastic



Being Yourself Acceptance

Build Background

As a class, have students discuss something that is unique about them. As an example, compare/contrast yourself to a student by creating a Venn Diagram on the whiteboard. Identify both your similar and different qualities.

Key Vocabulary

lima beans	pg 2
ointment	pg 5
distraction	pg 11
contagious	pg 11
bizarre	pg 19
vanished	pg 29



- 1. How would you feel if you woke up completely covered in stripes?
- 2. What do you think the students will say when they see Camilla?
- 3. The other kids did not use the E in NED (Encourage others) when they saw Camilla and laughed at her. How do you think Camilla felt? Has there even been a time when you've laughed at others? Why? Do you wish you hadn't?
- 4. How do you think the little old woman knew the cure for a bad case of stripes?
- 5. Camilla realizes that it is ok to be different. What would it be like if everyone was the same and only liked the same things?
- 6. What advice do you think NED would give to Camilla?





Identify Unique Qualities Using ideas from the group discussion, have each student create a Venn Diagram comparing and contrasting their unique qualities with a friend or family member.

Name:	Date:

Pick a friend or family member and write their name in one of the shapes below. Write your name in the other shape. In the overlapping area, identify similar qualities that you both share. Identify unique character qualities in the areas of the shapes that do not overlap. Why is it important to be true to yourself?

