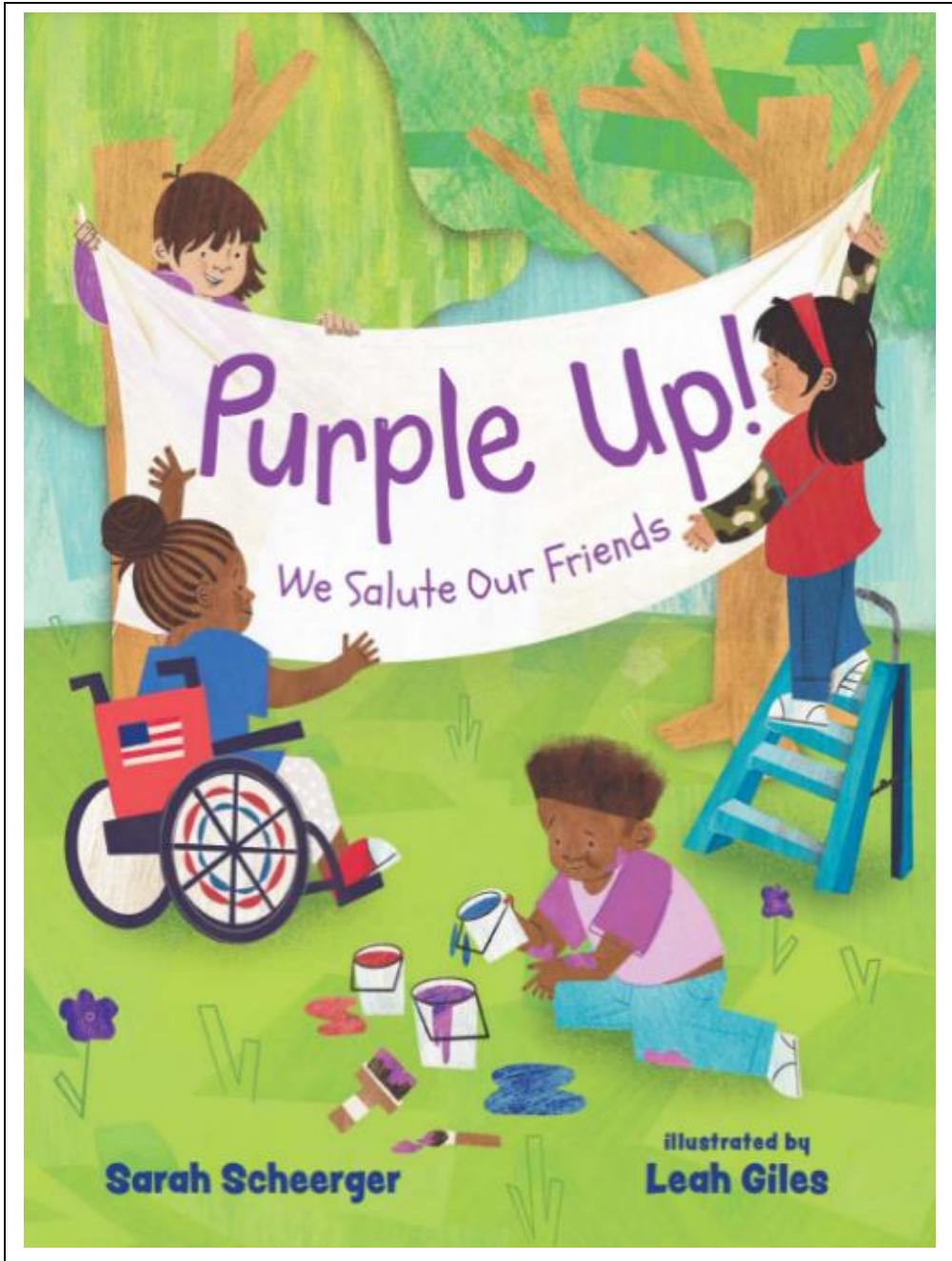
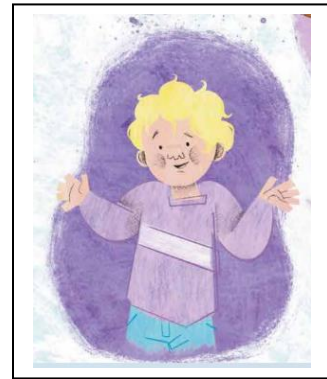


Discussion, Activity & Classroom Guide



Thank you to all the families from the Navy, Air Force, Coast Guard, Army, Marine Corps, and Space Force. We are grateful for your service.



Purple Up Day!

Discussion Questions about Purple Up Day:

- In your own words, what is Purple Up Day? What does it celebrate? Why is it important?
- Explain how Purple Up Day is a way of saying “thank you.” Do we have other holidays that say “thank you?”
- Imagine you are setting up your own Purple Up Day celebration.
 - Where would you hold the celebration?
 - Who would you invite?
 - How would you decorate?
 - Share more about what you would do at your celebration.



Note to Parents/Teachers/Librarians:

Saying “thank you” and showing gratitude is beneficial in multiple ways. The person receiving the thanks or honor feels appreciated. The person who is doing the “giving” also feels good that they can contribute.

Inviting your students/children to think about how they can say thank you, cultivates a mindset of gratitude. The experience of “gratitude” and inspiration is enlivening.

Model this for your child and help them notice what inspires them and what they are grateful for. Humans create the lens/worldview through which they interpret their own experiences.

Help cultivate a healthy perspective by “noticing” and discussing the world around you through a lens of inspiration, empathy, and gratitude.

Extension Activities:

Plan your own Purple Up Day! Your celebration can be on a small or large scale. It can be as simple as planning to wear purple together or it can be making cards or gifts for local military children. It can be a large celebration in a school / community or involve children in planning the celebration. Encourage them to think of ways they can say “thank you.”

Friendship

Discussion Questions:



- Good friends care and support each other.
- Find examples of friendship in this story.
- What do you think are the qualities of a healthy friendship?
- Think of your friends. What are things you like about them?
- How do you try to be a good friend to others?
- Are friendships always easy? Do friends sometimes make mistakes? When you have a problem in a friendship, how do you try to solve the problem?

Note to Parents/Teachers/Librarians:

Peer choice, communication skills, and the ability to tolerate and resolve conflicts are all crucial components of your child’s social world.

Help your child think about the qualities they prefer in friends.

Help them think through and work through peer conflict.

Foster empathy when they think about their friends.

Start these discussions when your child is young.

Extension Activities



- Write a note to a friend or loved one. This is another way to practice gratitude.
- Make a friendship wall. Using sticky notes or a large poster board, have students write qualities they value in friends. Identify the qualities that come up the most often.

Heroes

Discussion Questions:

- What is a hero to you?
- Are people born heroes or do they become them? If they become them, how does that happen?
- Who are some of the people the kids consider heroes in this story?
- Are there small things people can do to be a hero?
- Who are some people you think are heroes in the world today?
- Who are some people in your personal life that you think are heroes?

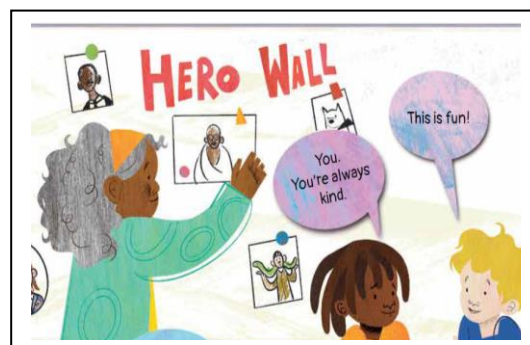
Note to Parents/Teachers/Librarians:

This is an opportunity to talk about role models, who we look up to and why. Engage children in discussions about people who become heroes based on their career choices and also those who become heroes due to the personal qualities they possess.

Think about everyday heroes like teachers and parents. Help them brainstorm everyday ways they can be a hero themselves.

Extension Activity

- Make your own hero wall.
- As a class, identify someone on your school campus who the students feel is a hero to them. Discuss ways to honor/celebrate this person.



Emotions and Empathy

Discussion Questions:

- People often give us clues about how they are feeling. This can happen through their facial expressions, their body language, their tone of voice, and the words they choose.
- Looking carefully at all the character's faces, how do you think the characters are feeling when they say goodbye to their parents?
- How are they feeling when they get their big idea?
- How are they feeling when they're planning and prepping for Purple Up Day?
- How are the characters feeling during the celebration?
- Empathy is when you feel so deeply for someone, you feel "with" them, as if you are walking in their shoes.
- Find a place in the story where the characters feel empathy for their friends.
- Did you feel empathy for the characters here?

Note to Parents/Teachers/Librarians:

Helping your child identify the "feeling states" of characters in books is beneficial in many ways. This can help build awareness of various feeling states in themselves and others. It's a way to practice empathy and perspective-taking. These are crucial life and social skills.

Extension Activities:

- Practice identifying feeling states in other situations.
- Play "Feelings Charades" (in which each person acts out a feeling and the others guess.)
- If you'd like to build your child's vocabulary for feeling-related states, there are many feeling charts and images online that you can utilize to make "feeling cards". Modify this based on your child's age/developmental level.
- On the next page is some basic feeling vocabulary. Your child can create a feeling chart by drawing images of each emotion next to the feeling.



My Feeling Chart

Draw images of each feeling.



	Happy	Frustrated	Tired
Sad	Silly	Calm	Hurt
Worried	Lonely	Annoyed	Shy
Bored	Jealous	Confused	Surprised
Energetic	Embarrassed	Excited	Friendly
Angry	Proud	Disappointed	Stressed

COPING SKILLS

Discussion Questions:

- When people are sad or anxious or angry (etc.) ... how do they help themselves feel better?
- How do our characters help themselves feel better when they're sad or missing their parents?
- How do YOU help yourself feel better when you're feeling sad or worried or angry?
- Coping skills are healthy things people do to help themselves feel better.

Note to Parents/Teachers/Librarians:

It's crucial to model and foster healthy coping skills from an early age. There will be things that make your child sad or angry or worried. We cannot (and should not) protect them entirely from such emotional states.

Learning how to manage these states and cope with them in a healthy way is beneficial.

Extension activity:

Create a healthy "Coping Skills" Card or Coping Skills List that your child can keep in a safe place. Your child can draw images of healthy coping, or you can find images to cut out and glue onto a card or into a book. If your child can write, they can write these coping skills. Once this is completed, help your child find a safe place to keep this. The next time your child is feeling upset, you can remind them to look at their coping card. This will help them practice using these crucial skills.

On the next page are some examples of healthy coping skills.

MY COPING SKILLS

How I help myself feel better

(Circle the ones that work for you. Add your own)

Talk to someone you trust	Listen to music	Breathe deeply	Take a walk with a grownup
Exercise	Read a book	Write in a journal	Draw in a journal
Take some time for yourself	Find a healthy distraction	Center yourself and notice your senses. <small>What do you see, hear, feel, smell and taste?</small>	Practice Yoga
Hug a stuffed animal	Sing a song	Play outside	Blow bubbles
Get fresh air	Spend time with a pet	Use your imagination	Organize or Clean

Staying in Touch and Dealing with Goodbyes

Discussion Questions:

- Goodbyes can be hard. How can we make them easier?
- How do you stay in touch with the people you love when you're not together?
- Brainstorm ideas.

Note to Parents/Teachers/Librarians:

Goodbyes and separations are a part of life. Make space for your child or student to experience their feelings. Make sure the child knows that it's okay to feel sad, angry or worried.

If the goodbye is time-limited, you can count down days using a calendar or find a fun way to help the child conceptualize the number of days the loved one will be away. Some people use stickers, calendars, or chocolate kisses.

Ask the child what would help them process their feelings. Maybe they want to write a letter, put up a photo, or send video messages back and forth. If they struggle to come up with ideas for staying in touch, you can offer a few choices and let the child pick from those choices (thereby giving the child some control).

Extension Activity:

- Write letters to the person you miss.
- Write a story or draw a cartoon.
- Send voice messages or video chat.

