

Life
Lessons
for Little
Ones

DISCUSSION QUESTIONS

This book has been designed to work as a discussion tool or simply as a story about understanding self-worth and embracing self-love. Having conversations about these subjects can be tricky which is why I have created some questions to help lead a discussion with your little one.

Your little one needs to know that they are not alone in their feelings, so giving age-appropriate examples of your own experiences as a child and as a grown-up will help you both navigate this life lesson together.

Page 5

What do you think 'too much' means? Have you ever felt like you are 'too much'?

Pages 6-7

What do you think 'exactly enough' feels like? How do you think this person is feeling?

Pages 8-9

How do you think the kid that is coming last is feeling?

Pages 12-13

Do you remember a time when you weren't good at something, and you kept trying to become better? Did you find it hard? How did you feel as you became better?

Pages 14-15

What do you think your special skills or talents are?

Pages 16-17

Who are the special people in your life who make you feel exactly enough?

Pages 20-21

Try the exercise described on this spread. How does it make you feel?

Final reflection

When you forget that you are exactly enough what will you do to remind yourself?

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