

Using This Book

Educators, Parents, and Caregivers

Reading *I Soar With Wings* is a great way to begin a conversation with children about their thoughts and feelings. Use the conversation starters below to help them find connections between the skills in Words to Live By and their own experiences. Go deeper with follow-up questions to encourage more meaningful discussion.

Give it a try!

Self-Awareness

- What's the best thing about _____ (how you look? how you are as a friend? how you treat others? how you solve a problem? how you are in school?)
- How do you feel when _____ (you get left out of the group? you get a good grade? people tease you? you get a compliment or praise? someone asks you for help? you help someone?)

Self-Management

- What makes you feel _____ (excited? nervous? scared? frustrated? proud?)
- How can you control yourself at _____ (home? on the school bus? during class?)

Responsible Decision-Making

- What was the best choice you made _____ (today? at school? at home? on the playground? in a disagreement with someone?)
- What might happen if _____ (you help someone? you don't tell the truth? you listen to your teacher?)

Social Awareness

- What is something unique about _____ (your family? being you? your hobbies? the food you like?)
- How would you feel if _____ (you were the new kid at school? you had to move to a new city? you won an award?)

Relationship Skills

- What is a compliment you could give _____ (your mom? your teacher? a friend? a classmate?)
- How could you show kindness _____ (to your teacher? at dinner? on the sports field? to a new person you meet?)