

Family Resiliency Reading Guide

THE LITTLE BUTTERFLY THAT COULD

BY ROSS BURACH

After reading *The Little Butterfly That Could* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to resiliency characteristics, literacy tips and sample conversation starters for you and your child.

SYNOPSIS

The little butterfly was finding flowers with his butterfly friends when he got lost in the clouds. When he emerged, he learned from a whale that his friends had migrated 200 miles away. The little butterfly felt afraid and overwhelmed by the length of the journey. With encouragement from his whale friend, the little butterfly learned that he could reach any goal by working consistently and never give up.

LESSONS IN RESILIENCY

- ▶ At the beginning of the little butterfly's journey, he was overwhelmed with worry about how long it would take him to fly to meet his other butterfly friends. Along his journey, he meets a friendly whale that encourages him to focus on his goal and keep trying. Working toward a goal takes determination and **grit**.
- ▶ The little butterfly had to face many challenges. He got knocked down by the wind and was physically exhausted from the distance he had to travel. Even though it would have been easy for him to give up, he consistently worked toward his goal to reach the other butterflies, which is an example of **grit**.

RESILIENCY CHARACTERISTIC



Grit

Working consistently toward my long-term goals.

RESILIENCY CONVERSATION STARTERS:



Have your child tell you about a time when he or she felt like giving up after trying something hard.



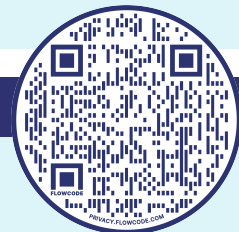
Discuss with your child a potential goal he or she would like to achieve. Have your child identify challenges that could impact this goal. Identifying and overcoming challenges is part of developing **grit**.



It takes dedication and hard work to achieve goals. Ask your child what steps he or she can take to stay encouraged to keep going when he or she faces a difficult challenge.

LITERACY TIP

Provide child-friendly definitions for your child as you come to new words in the text you are reading. Give examples of the word and connect the meaning to what your child already knows. For example, you might define the word "glaring" as something that is so bright it hurts your eyes.



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