SHINE WITH MEYA

Discussion Guide



For teachers and parents · Meya: The Brave Little Star

How to use this guide: read *Meya: The Brave Little Star* aloud, then use these five questions to spark conversation. There are no wrong answers, just brave little voices.

1 Before you read

Have you ever felt scared to do something? What was it?

→ Builds empathy and connects to what children already know.

2 Meya's feelings

Why did Meya feel scared? What was she worried about?

→ Checks understanding and helps children name the feeling of fear.

3 Meya's dad

How did Meya's dad help her feel brave? Who helps YOU feel brave?

→ Connects the story to each child's own circle of support.

4 Faith and strength

Meya discovered God's strength lives inside her. Put your hand on your heart. Can you feel how strong you are?

→ A gentle, physical, faith-rooted moment that young children love.

5 After the story

Meya chose to be brave even when she was scared. What is one brave thing YOU will do this week?

→ Sends every child away with a personal challenge.



Would you like Mmeyene-Jasmine Umoren to visit your school?

Email **hello@shinewithmeya.com** or visit **shinewithmeya.com/contact**.

© Mmeyene Jasmine Umoren · Free to print for home and classroom use