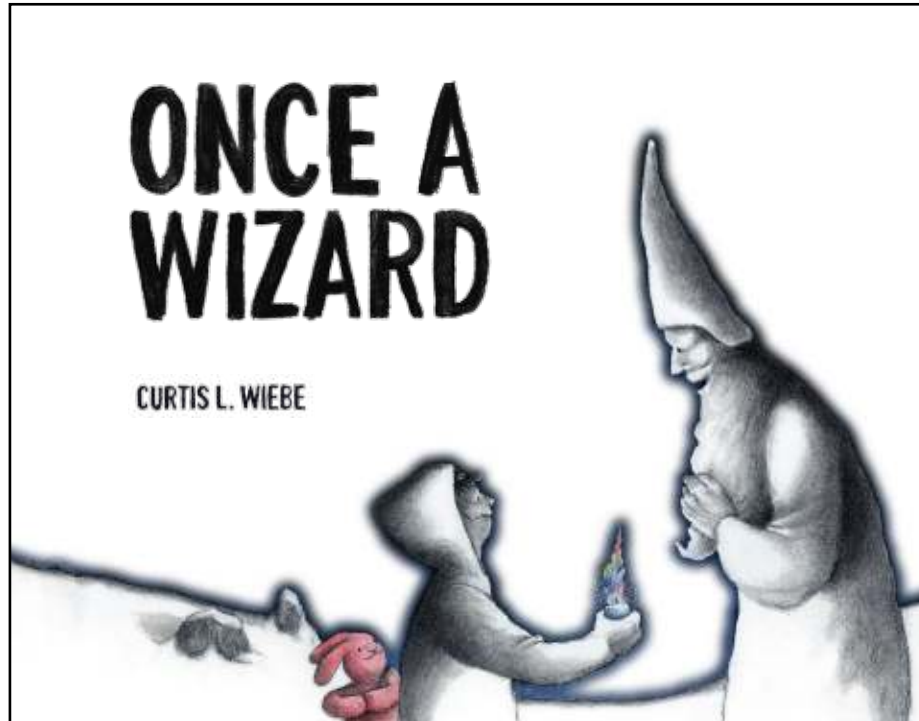


GUIDEBOOK



Once a Wizard is a book of imagination, loss, hope, dreams, feelings, and adventure. You might be reading this book on your own or with someone for many different reasons – for support, for fun, for comfort, or for curiosity and surprise! Because of the important topics touched on in this story, we wanted to provide additional support to readers.

In this guidebook you will find activities, extra questions, and some suggestions for additional ways to “read” this book. Some activities will help adults support younger readers by getting a conversation started; others might be fun for children to do on their own.

We wish you much joy and peace as you explore *Once a Wizard*.

A PROJECT OF:



This guidebook was developed by CTRI's Clinical Director, Vicki Enns, MMFT, RMFT

SUGGESTIONS FOR READING THE BOOK

One of the wonderful benefits of a wordless book is that it allows each child to create their own story from the pictures. This can also be an opportunity to see different challenges and emotions reflected back to them by the characters in the book.

Here are some suggestions for ways to support a young reader as they engage with this story:

AS YOU BEGIN...

- Spend time looking at the cover together and being curious about the book's title. Explore together, "I wonder what will happen?" and make some predictions.
- Take a "picture walk" through the pages without trying to fill in too many details. Enjoy the illustrations, landscapes, and get to know the characters. Talk about what you see.
- Go back through the book a second time and start to tell the story together.
- Let the child set the pace at which they want to go through the book and choose which pages they want to linger on.

GETTING INTO THE STORY...

- Help the child go through the story more than once and try to do so in different ways: adopt voices, ask curious questions, and observe details together.
- Approach the story at different times. It is okay to enter at different places – it does not have to be read from beginning to end.
- Allow flights of imagination to tell additional parts of the story – the young reader may insert parts of themselves or others they know into the story and change character's names, ages, genders, or actions.
- Encourage the child to tell *their* story – what do they think is happening? Focus on the words the child uses when they tell the story. Help them expand sentences or thoughts by encouraging them to add information gathered from the illustration's details. One way to encourage more details is by asking *W questions*: Who? Where? When? Why? I wonder...?

DEEPENING THE EXPLORATION...

- If there is a particular page or character the young reader relates to, pause the story and encourage them to draw or color something based on that character or event. You might use other pages in this guidebook as you go along, such as the question suggestions on pages 4 and 5.
- Get out the dress-up clothes and act out part of the story yourselves.
- Use toys or our free downloadable finger puppets found on CTRI's website to play out the book's characters and allow the child's imagination to guide the story.

QUESTIONS TO DEEPEN THE STORY

While exploring *Once a Wizard*, it can be helpful to use curious and open questions to encourage children to delve deeper into the story and their own imagination.

Tips for considering when and which questions to ask:

- Choose one or two questions at a time; too many all at once can feel overwhelming.
- Consider the child's age and choose questions that match their understanding.
- A great way to start a question is with "I wonder...?" because it invites curiosity. Sometimes the child will answer aloud and sometimes they will wonder along with you silently. Both ways are valuable.

BEGINNING AND ENTERING THE STORY

- As you look at the cover, what do you imagine might happen in this story?
- What do you dream about?
- How do you feel as you look at the pictures?
- If the young reader is spending time with one page or image, consider the following questions:
 - Who is in this picture? What is happening around them?
 - What are they doing? What might they be feeling?
 - Where are they going?
 - What might happen next?
- What pictures helped you tell the story? What was your favorite part? Have you had an experience like the one in the story?

FRIENDS AND HELPERS

- What do you think is happening for Ari (the main character) in this story?
- Ari has many helpers who show up in the story. Can you name them?
- Who are your helpers when you have big feelings?
- How do you think Ari feels about Uncle Wizard? Who in your life do you feel this way about?

LOSS

- The author describes this book as being about Ari losing someone important. How do you feel when you think about loss?
- What feelings do you notice when you think about Ari's loss?
- Tell about a time when you lost someone or something important to you. What do you remember about that time? What was important to you? What other feelings did you have?
- Have you ever felt like someone or something has been taken away from you? Can you tell a story about that time?

FEELINGS

- I wonder, what is happening for _____ [fill in any character] in this story?
- How do you think the different characters feel in this story? List their feelings below:
 - Uncle Wizard _____
 - Ari _____
 - Bunny _____
 - Goblin _____
 - Giant _____
- Sometimes a character has really big feelings. Can you find an example in the story?
- What is it like to be around other people with big feelings?
- Who can you talk to or play with when you have big feelings?
- What can you do with your big feelings?
- I wonder what can help with:
 - Glad feelings _____
 - Sad feelings _____
 - Mad feelings _____
 - Scared feelings _____

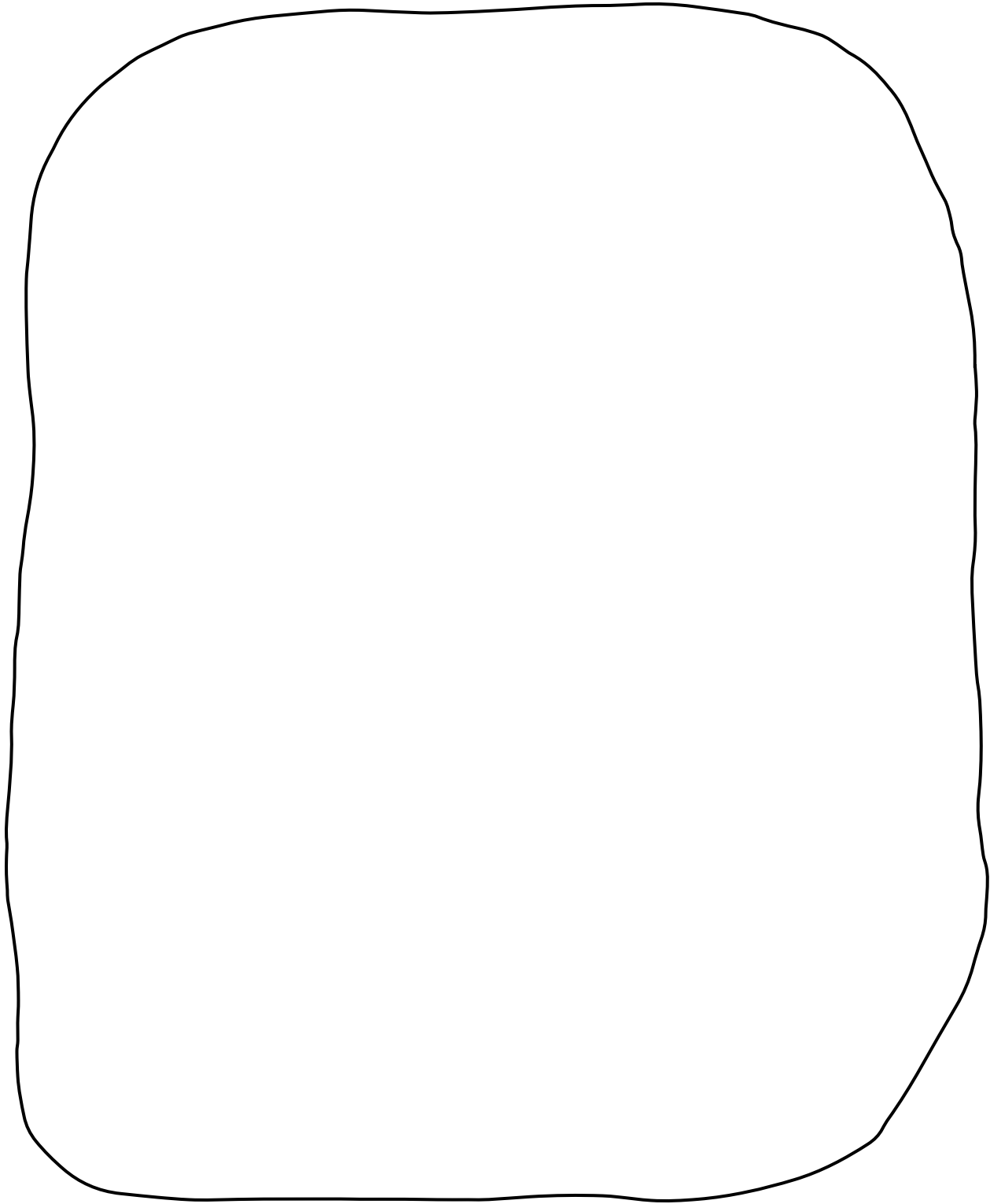
YOUR QUESTIONS

Sometimes when we read or hear a story, it brings up even more curiosities and wonders. What are your questions about Ari's dream? What other questions and curiosities do you have about this story?

ACTIVITIES PAGES

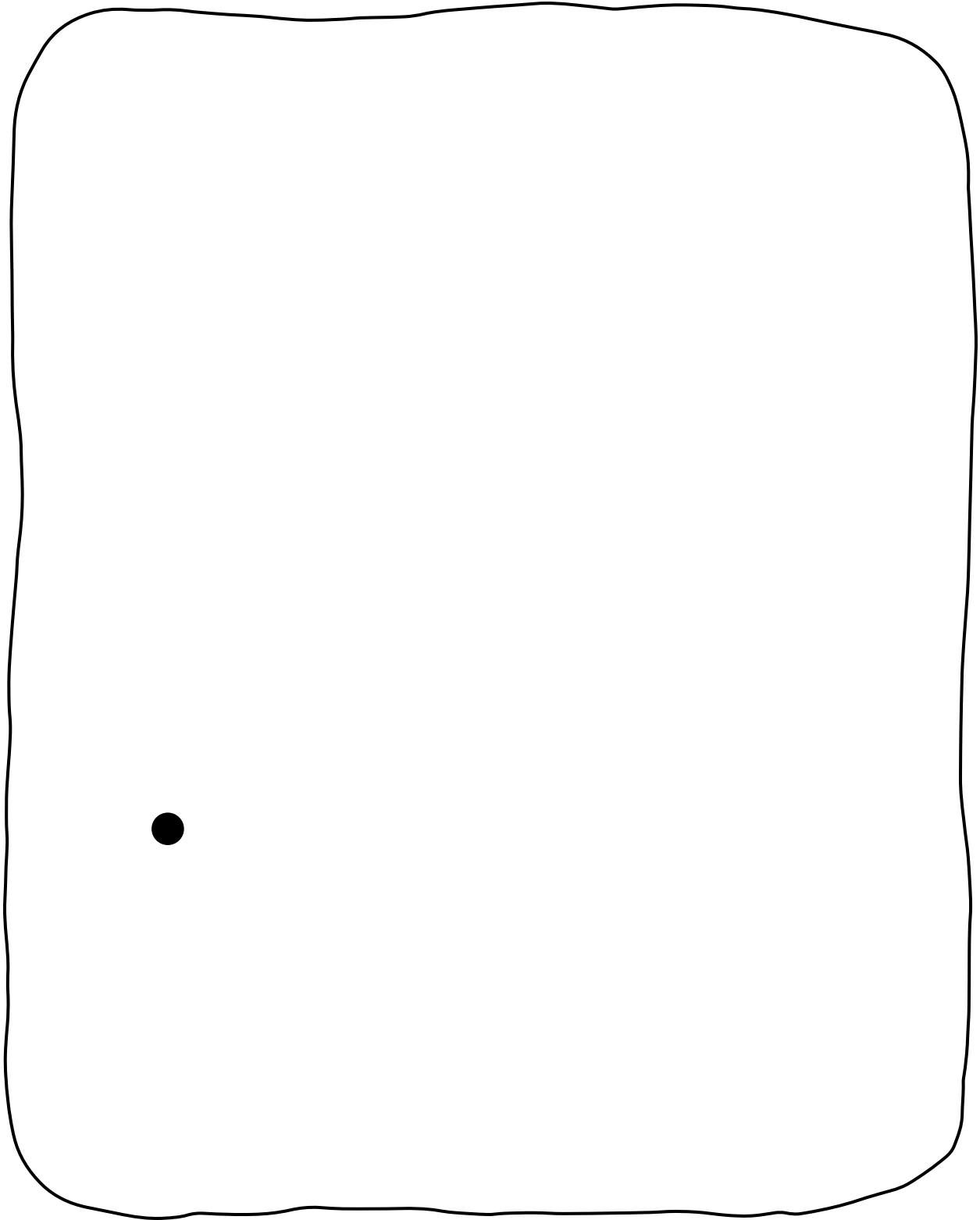
YOUR DREAM

What is your dream? Draw, write, or color what comes to you in your dreams.



SCRIBBLE DRAWING

Place your pencil or crayon on the dot, and then create a scribble without any worry about where it goes! When you feel done, see what you can find inside your scribble. What shapes do you see? What do you want to color? What does it make you think about?



ARI'S FRIENDS

Who does each character remind you of in your life? What can you learn from each character?



Uncle Wizard



Bunny



Ari



Bird



Goblin

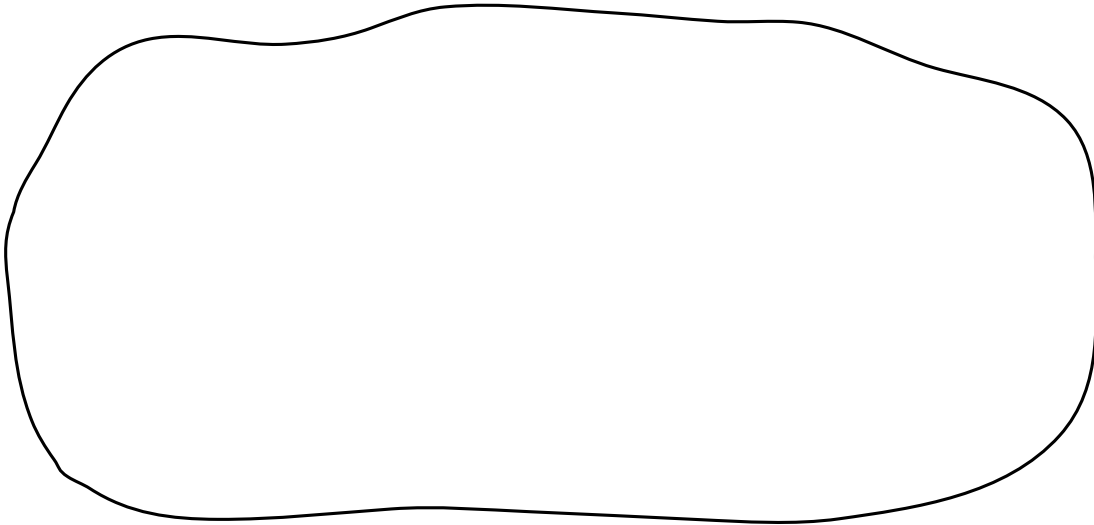


Giant

FEELINGS AND RELATIONSHIPS

Ari has a good friend to play with even when difficult things happen.

Who do you play or talk with?
Can you draw this relationship?

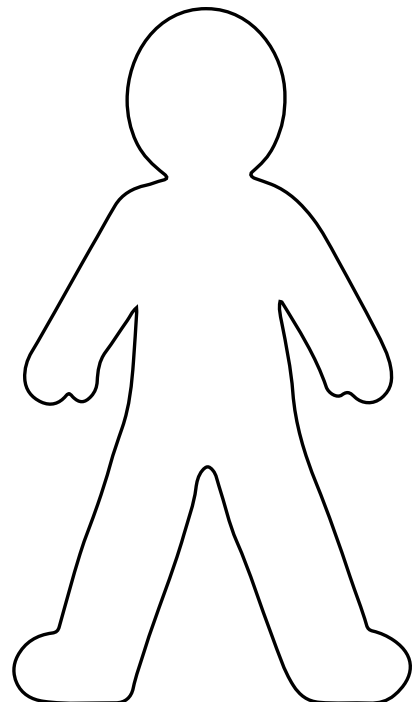


Where do you feel your emotions in your body?

Pick one emotion such as *happy*, *sad*, *worried*, or *loved*.
Think about where and how you feel the emotion in your body.

Can you write, draw, or color to show where you feel this emotion in your body?

You can also draw or color in several emotions.
Sometimes we feel more than one feeling at a time.



FEELINGS AND RELATIONSHIPS

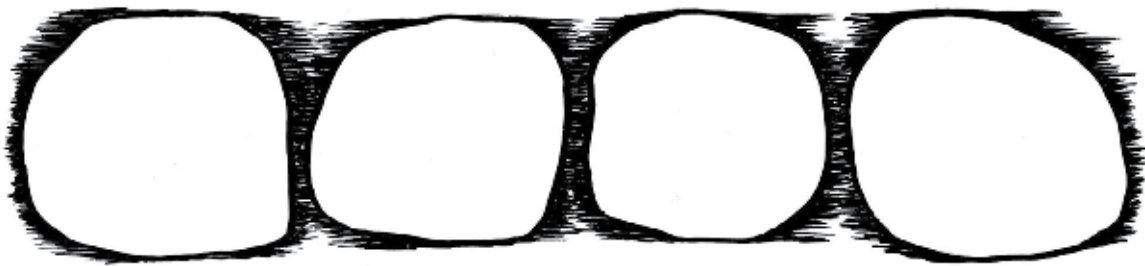
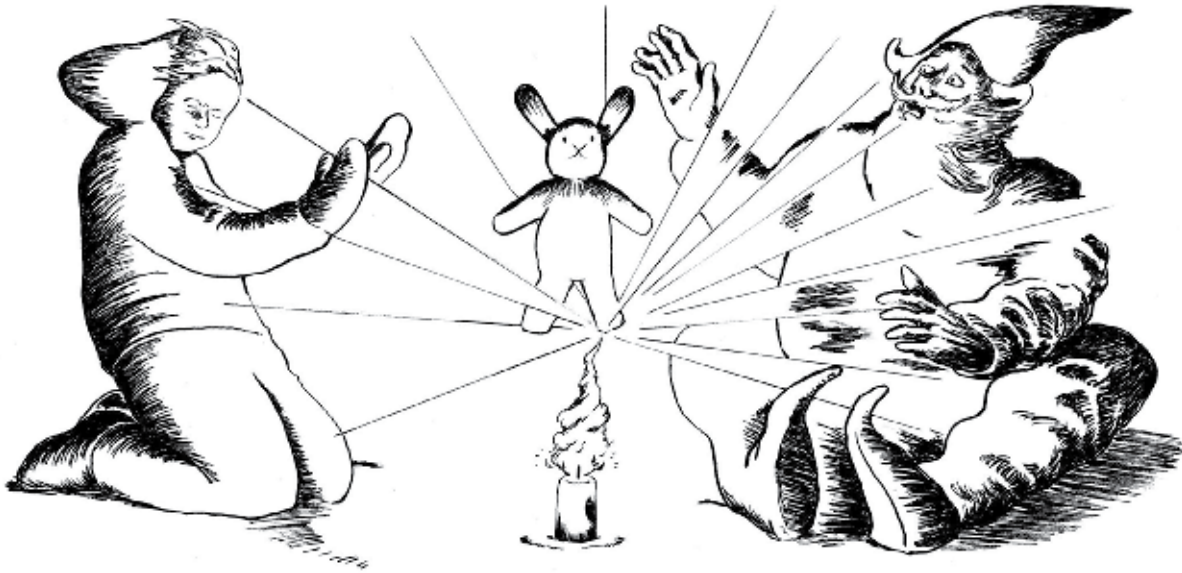


What do you notice about the relationship between Ari and Uncle Wizard?



Sometimes there are other feelings between Ari and Uncle Wizard. What do you think is happening in these parts of the story? Do you sometimes feel this way?

UNCLE WIZARD'S MAGIC



What kind of magic is happening with the candle?

Where do you see magic in your world?

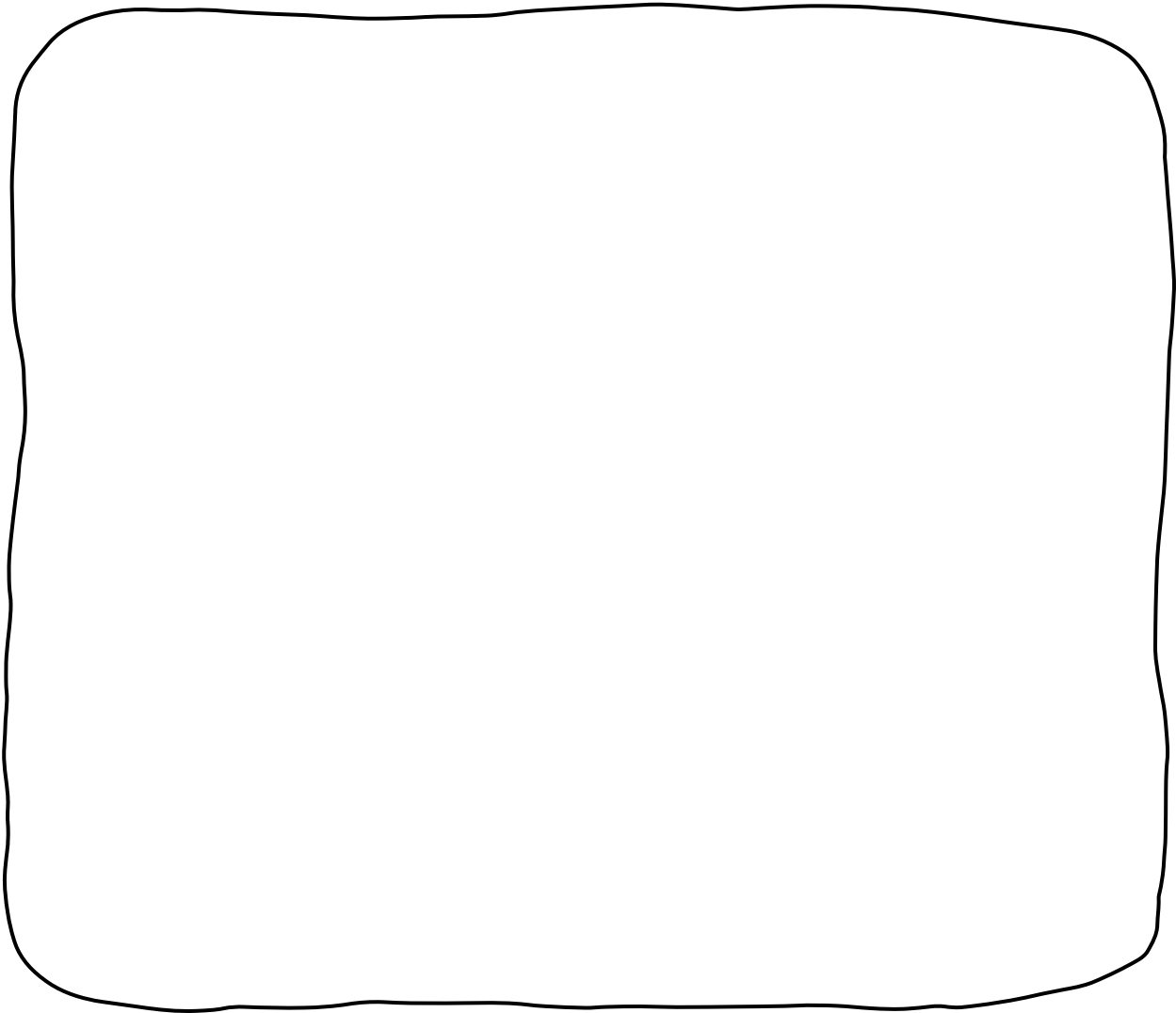
What colors would you add to show the magic in this picture? What would you draw in the blank frames to show what might happen next for Bunny?

YOUR FAVORITE PARTS OF THE STORY

Choose a page from the story and draw your version of it here. What is happening?
If you could give this page a title, what would it be?

“

”



Why did you choose this image? How do you feel when you look at what you've drawn?

ASKING FOR HELP AND RECEIVING SUPPORT



Who is helping who? What is everyone thinking?

When have you needed help? When have you asked for help?

Has a friend or family member ever asked you for help?

LOSS

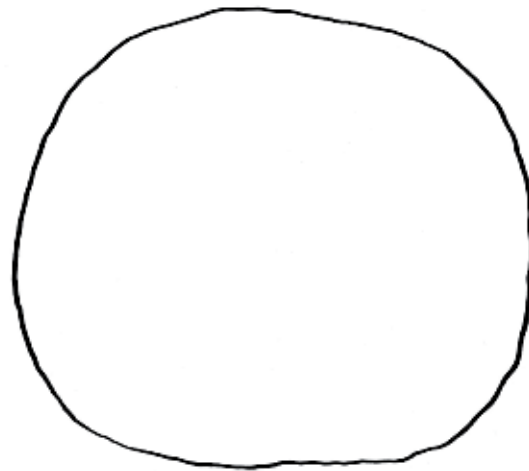
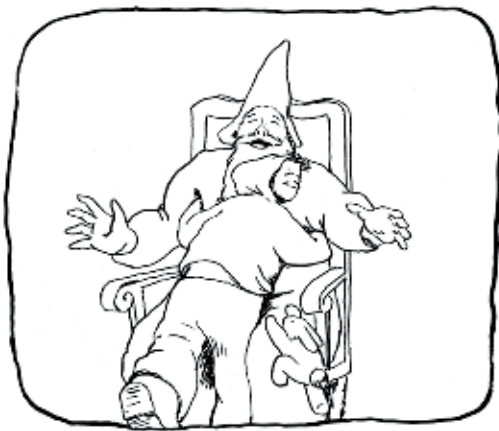
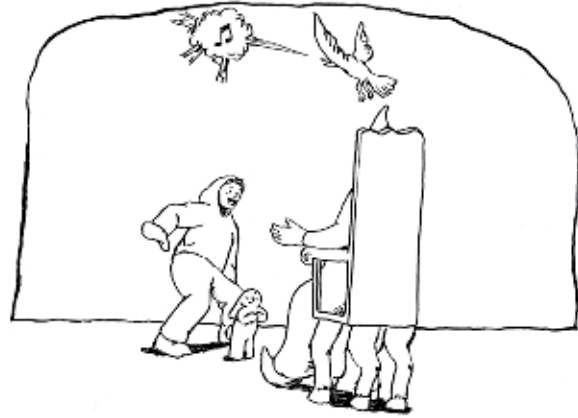
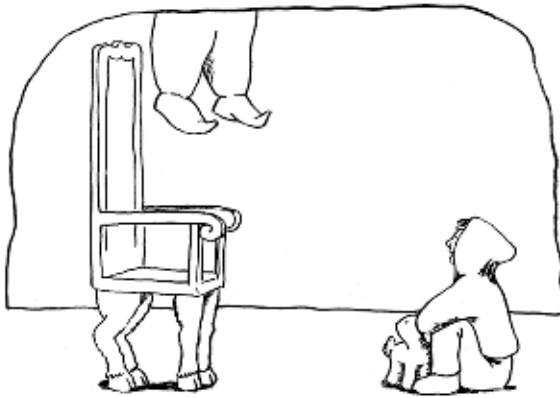


What do you think Ari is feeling in this picture?

Can you tell about a time when you felt this way?

What can be helpful to do or ask for when you are feeling this way?

REUNIONS

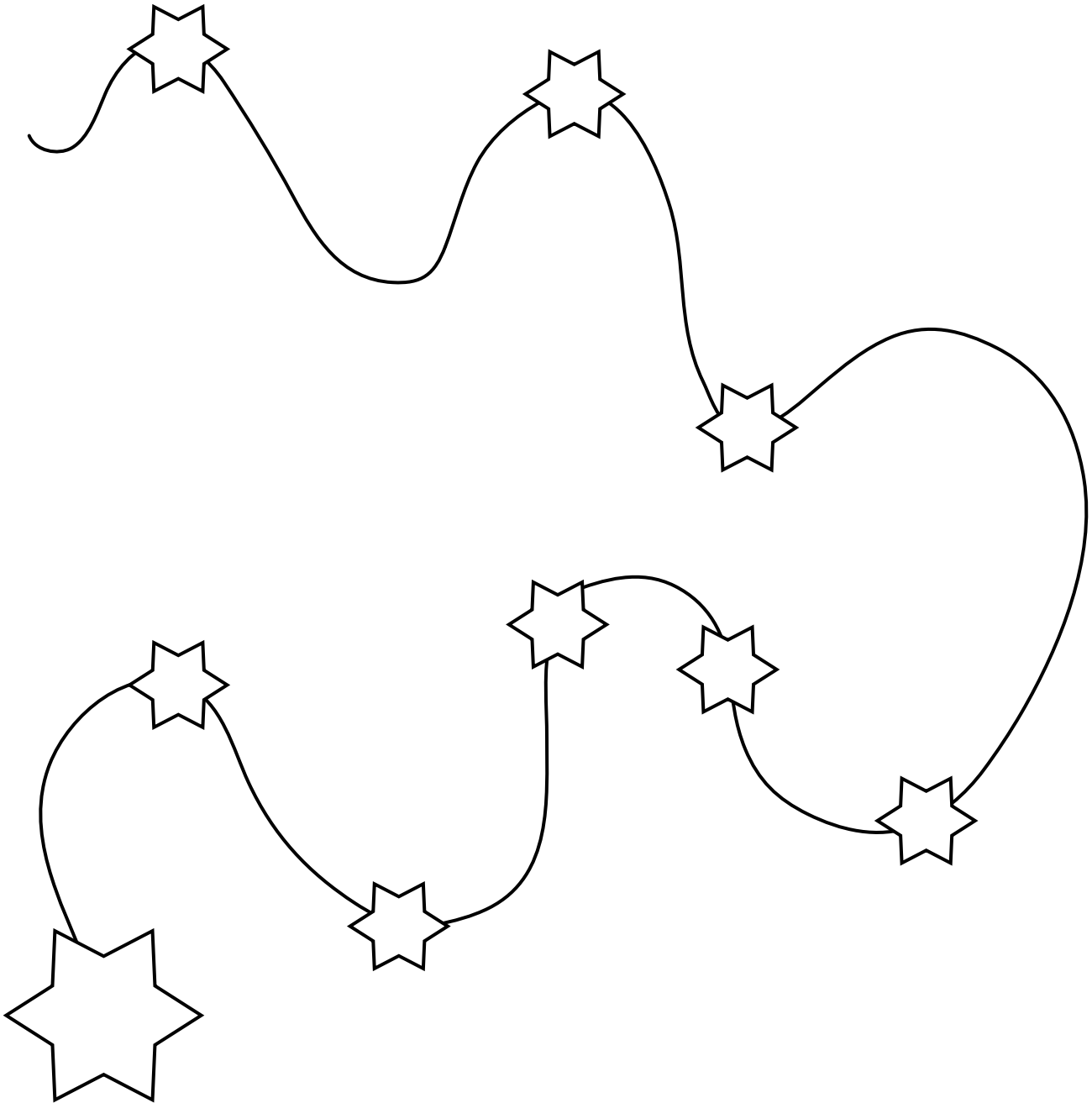


How would you end this part of the story? What happens next? Color in the picture and imagine what happens next. Draw your idea in the circle.

ARI'S JOURNEY

A *turning point* is a place in a story where what is happening changes direction. For example, when Ari looks at the family photo album and realizes that their bunny is missing, the story changes as Ari has a new feeling and starts to cry. What are the other turning points in Ari's journey?

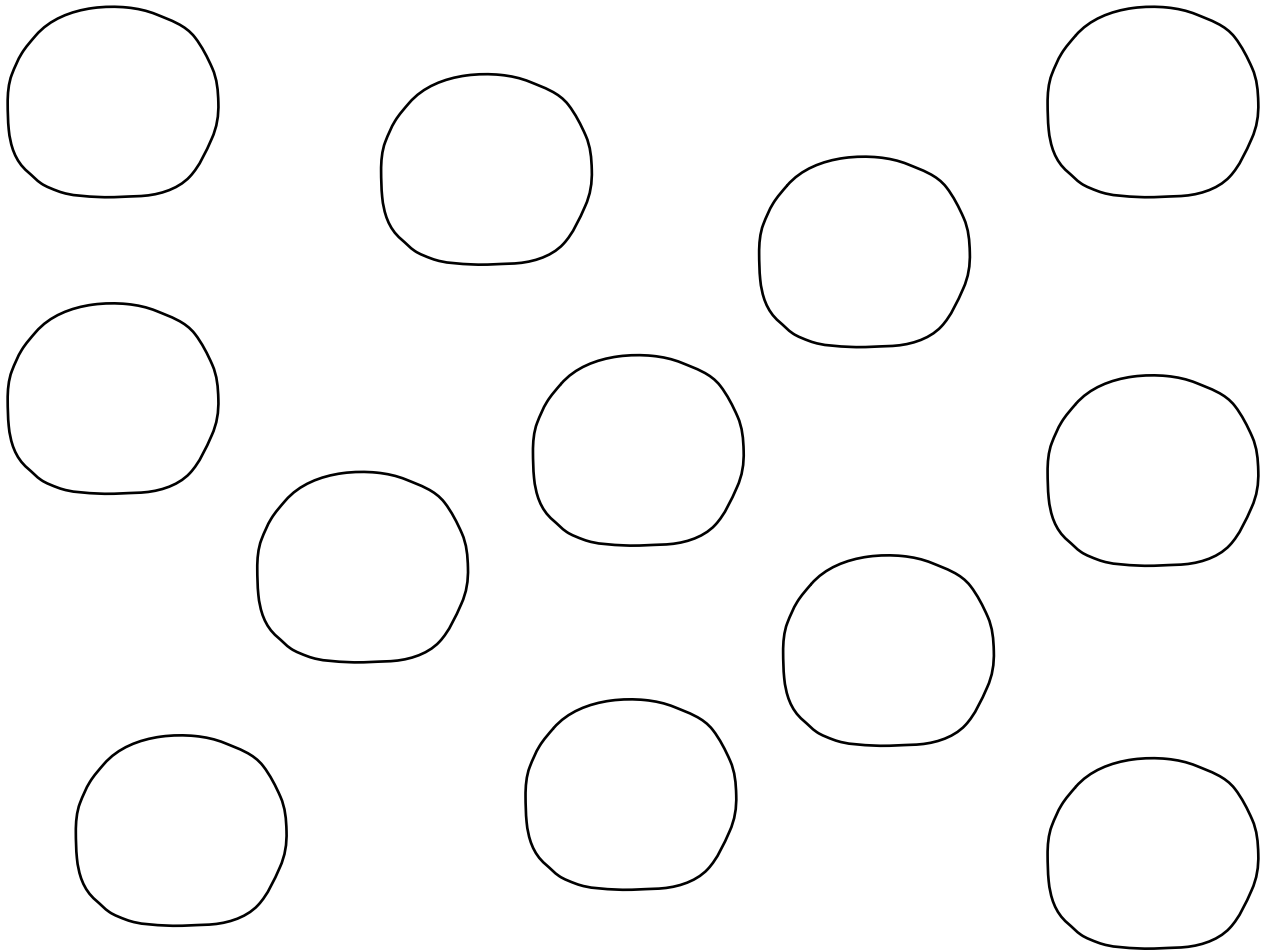
Write or color the different turning points you see in this story.



MANY FEELINGS

In *Once a Wizard*, Ari has many different feelings: joy, sadness, anger, worry, etc. Like all children, sometimes Ari has more than one feeling at the same time. After reading this book and answering these questions, what feelings do you have?

Choose a color to represent each feeling, and color in a circle for each one. Fill the circle all the way up if you have a lot of that feeling; only fill in part of the circle if you just have some of that feeling.

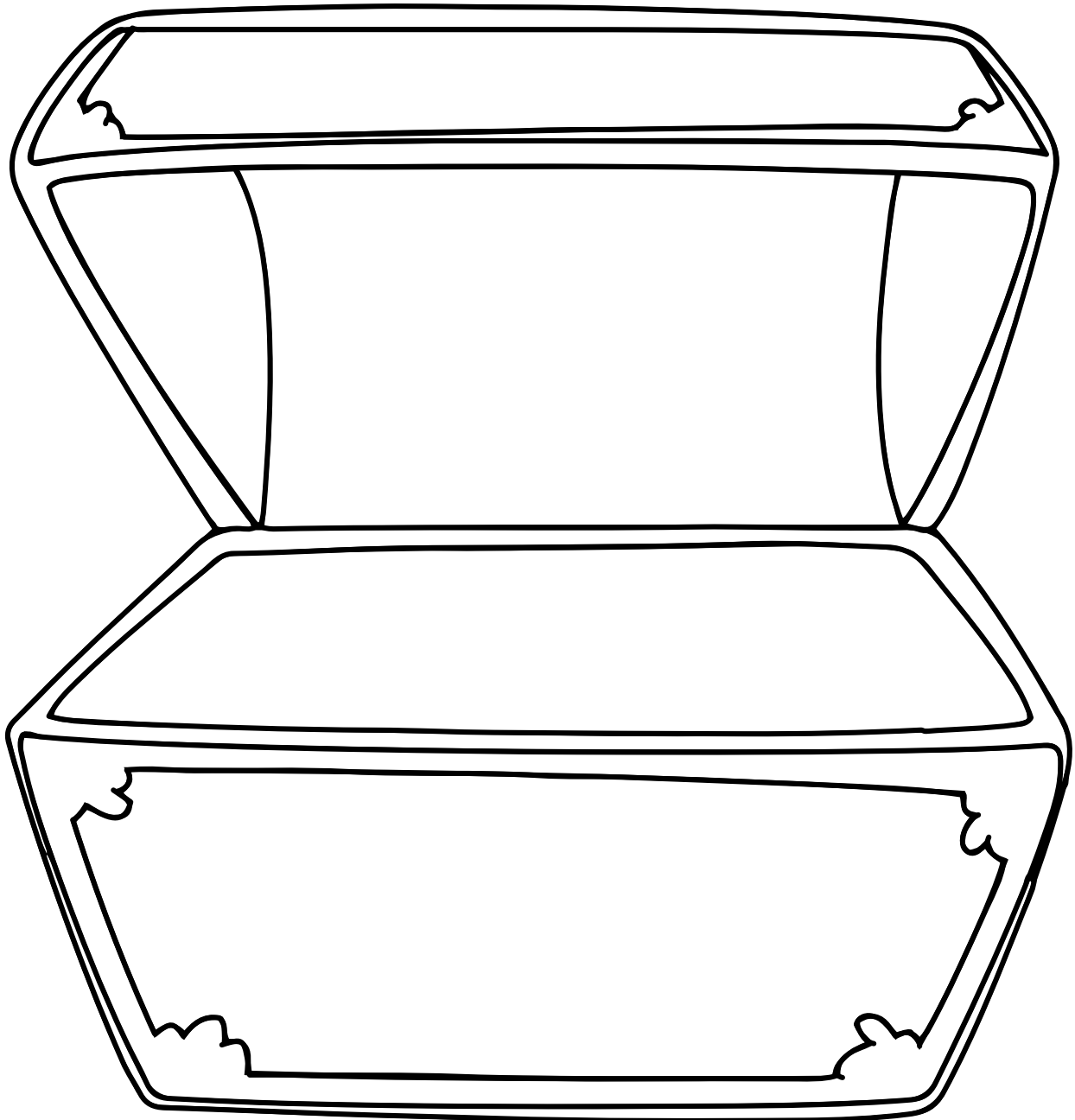


FEELINGS

Afraid	Confident	Gloomy	Jealous	Stubborn
Amused	Curious	Grateful	Joyful	Supportive
Anxious	Comfortable	Guilty	Relaxed	Tearful
Annoyed	Confident	Happy	Relieved	Tender
Angry	Daring	Helpless	Sad	Unsure
Ashamed	Empty	Hopeless	Safe	Vibrant
Bored	Frustrated	Horrified	Shy	Wonderful
Bitter	Furious	Impatient	Silly	
Calm	Glad	Irritated	Strong	

MEMORIES

When we lose someone or something, we can remember some special things about the person or the thing we lost. What memories do you have? In the treasure chest, write or draw some memories you want to keep safe. Decorate the chest however you would like.



COPING WITH FEELINGS AND THOUGHTS

Sometimes talking or thinking about emotions and difficult things leaves us with extra energy or worries. Here are some things you can do to help move through these feelings and get ready for the next part of your day.

Breathing

- Place one hand on your heart and the other on your belly. Start by taking a breath in and imagine you are breathing to the hand on your heart – breathe out and imagine any feelings being carried out as you do this. You can repeat this a couple of times. Then breathe in and imagine you are breathing to your belly. Nice and slow. Imagine any tension and feelings being carried out as you breathe out. Repeat this as many times as you like.
- Take a long, slow breath in. As you breathe out, imagine you are blowing up a balloon, to the perfect size. Repeat this three times, then breathe normally and sit quietly and notice how you feel.

Movement

- Make your face yawn and think about really stretching your jaw and face muscles. You might start to really yawn which is a good thing!
- Do gentle, slow circles with all the joints in your body. You can move through different areas:
 - Neck
 - Shoulders
 - Arms
 - Wrists
 - Hips
 - Knees
 - Ankles
- Do finger pushups! Place the fingertips of one hand against those from your other hand. Gently, slowly, and firmly push your palms toward and then away from each other while keeping your fingers strong – like a push-up. Take at least five seconds for each “push-up.”
- Dance, swing your arms, jump, or run on the spot to some music. Sometimes it feels good to *shake it up and shake it out!*

Quiet the Mind

- Close your eyes and imagine a place where you feel safe, comfortable, and calm. It could be in nature, somewhere special or familiar you have visited before, or an imaginary place.
- Can you describe this place? What do you see, hear, smell, and feel?