

Before I Came Here

Companion Guide for Parents, Educators & Caregivers

This companion guide was created to support meaningful conversations, emotional connection, and gentle reflection inspired by *Before I Came Here* from the Little Soul Series by Sally Riley. These activities and prompts are designed to help children feel safe, valued, connected, and understood while exploring themes of belonging, purpose, love, and self-worth.

“Every child deserves to feel like they belong here.”

Themes Explored

- Belonging
- Self-worth
- Connection
- Emotional safety
- Love and acceptance
- Wonder and imagination

Conversation Starters

- What makes you feel safe and loved?
- What are some special things about you?
- Who helps you feel important?
- What do you think makes every person unique?
- What would you tell a friend who feels lonely?

Classroom or Family Activities

- Create a 'Things That Make Me Special' collage.
- Draw a picture of a place where you feel safe and calm.

- Create a kindness circle where children compliment each other.
- Make a classroom 'Belonging Tree' with every child's name on a leaf.
- Practice a daily gratitude moment before bedtime or circle time.

Calming Connection Activity

- Place a hand over your heart.
- Take three slow breaths together.
- Say: 'I belong here. I matter. I am loved.'

Reflection Page

Reflection Prompt for Children

If you could tell the world one beautiful thing about yourself, what would it be?

Thank you for sharing these gentle moments of connection, reflection, and emotional growth together. For more books and free emotional wellness resources, visit: mylittlebook.ca