

The Day I Forgot My Blueprint

Companion Guide for Parents, Educators & Caregivers

This companion guide was created to support meaningful conversations, emotional connection, and gentle reflection inspired by *The Day I Forgot My Blueprint* from the Little Soul Series by Sally Riley.

“Sometimes we just need help remembering who we are.”

Themes Explored

- Self-worth
- Emotional resilience
- Identity
- Confidence
- Inner light

Conversation Starters

- What helps you feel strong again when you're sad?
- What are some things that make you special?
- How do you know when someone believes in you?
- What helps you remember your strengths?

Activities

- Create a 'My Strengths' poster.
- Draw yourself shining brightly.
- Write or dictate three things you are proud of.
- Create a kindness jar with positive notes.

Calming Affirmation

I am important. I am capable. My light matters.

Reflection Space

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