

Mira's *Magical* Mind

DISCUSSION GUIDE

Purpose: To support conversations about imagination, emotions and the many ways minds work, and to provide opportunities for children to feel seen, valued, and proud of who they are.

Discussion Questions

Getting to know Mira	<ul style="list-style-type: none">• How would you describe Mira?• What makes Mira special?• What do you notice about how she experiences the world?
Imagination	<ul style="list-style-type: none">• What kinds of things do you like to imagine or think about?• When your imagination is busy, what does that feel like?• How do you share your imagination with others?
Feelings	<ul style="list-style-type: none">• How do you think Mira feels about her movements?• Are there times when things have felt tricky or uncomfortable for you?• Can something be challenging and special at the same time?
Different Minds	<ul style="list-style-type: none">• How is your mind unique?• Why do you think the world needs different kinds of minds?• What is one thing you like about the way your mind or body works?

Optional Activities

⇒ **Draw:** Draw your mind as a place. What does it look like inside?

⇒ **Act it Out:** Show me what your body looks like when it's excited/calm/curious

Every Mind has its own magic.

When children are encouraged to understand and trust their inner world,
confidence and curiosity grow!