

You're Here for a Reason - Reading Guide

Author/Illustrator: Nancy Tillman

Themes: spread kindness, value life, self-worth

Lesson/Notes: This uplifting and beautifully designed book shows how kindness can spread and every life is valuable. Although a story is not directly told, it can be followed in the illustrations.

Part of the reason you're here on Earth is to love and help others. Others also love and help you. You are valuable.

Discussion Questions

- *Does kindness spread from one person to another? (yes)*
- *How can one act of kindness continue to impact others? (can look at example of lost kite in book)*
- *Who is someone who loves and helps you?*

Activity: Act of Kindness

- Choose a kind action, and go do it! Suggestions:
 - Think of all the people that love and help you. Write a letter (thank-you or thinking-of-you) to a grandparent, former teacher, or anyone who has loved and supported you.
 - Bake cookies for a neighbor.
 - Say “hello” to someone new.
 - Pick a small bouquet of wildflowers for a loved one.
 - Hold the door open for someone.
 - Draw a picture or card to give to a friend.