

Bundle of Nerves: A Story of Courage - Reading Guide

Author: Mari Schuh Illustrator: Natalia Moore

Themes: courage, facing worries, social skills, first day of school

Lesson/Notes: Helpful glossary, recommended activity, related books, and websites in the back of this book! Positive focus on courage rather than a problem-focus on worry. *Lots of kids feel nervous starting something new. You can use courage like Luis to face your worries. Having courage can make school more fun.*

Discussion Questions

- *How does Luis feel about going to school? (nervous)*
- *What can you do if you feel lost? (ask for help)*
- *What are some ways Luis shows courage? (saying hi, asking others to play, leading sing-along, etc.)*
- *Is it okay to feel nervous? (yes, Luis was courageous even though he felt nervous)*

Activity: Courage Calendar

Supplies: calendar, stickers, optional: Internet access

- This book includes instructions for a Courage Calendar in the back. It also recommends two websites where children can watch character videos on courage and do a courage word search!