

Fuchsia Fierce – Reading Guide

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Themes: avoidance, social anxiety, camp, accepting help/counsel, facing fears

Lesson/Notes: Social anxiety involves a deep-rooted fear of embarrassment, failure, or criticism. Even small steps of confidence are successes to be praised. Some children need more encouragement than others to try new things despite risk of failure.

Discussion Questions

- *How did Fuchsia feel about going to Camp Confidence? (worried, scared)*
- *Was making up excuses fun for Fuchscia? (No, she was bored.)*
- *How did Fuchsia start having fun? (tried, participated)*
- *Was it easy for Fuchsia to be brave? (No, but she felt better and stronger the more she tried.)*
- *Is it okay to feel scared? (Yes. You can feel scared and be brave at the same time. Sometimes it is worth it to face our fears, because we don't want fear to make us miss out on fun parts of life.)*

Activity: Try Something New

- Help child identify something he or she wants to do but has never tried before – or a fear (s)he may want to face.
 - ice skating
 - going to camp
 - hiking
 - roller coaster ride
 - performing/speaking in front of class
- If possible, go try it!