

Because

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Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Cause and effect
- Thoughts before actions
- Following a passion
- Dedication
- Persistence
- Individuality
- Self-discovery
- Empowerment

Takeaway

Resilient people recognize that with each action, there is a reaction.

This picture book tells the story of how our actions are almost always interconnected with the people around us and each thing we do is part of a grand picture. A series of events, such as musicians practicing their instruments since childhood, getting chosen to perform in an orchestra, rehearsing, and performing at the grand all, ultimately caused a young girl to fall in love with music and inspired our main character to become a musician herself. She grows up and conducts her own orchestra at the same grand hall she attended when she was young. Her music inspired someone else that night, thus starting a new series of events in someone's life.

This story not only shows that everyone has an important role to play, but that even the smallest events or actions will impact a larger whole: Because.

“Her composition was dedicated to the uncle in row C, seat 14 – because it was his ticket that brought her here.”



Activities to try at home:

Use one or more of the attached activities to strengthen your child's understanding of this book's lessons.

1. **The Domino Effect**
2. **Passion Reflection**

Flip for [Conversations to Have at Home](#)



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Because

Conversations to Have at Home:

Finding something you love to do is special and should be cherished. Supporting young readers to embrace what they love and be dedicated is an important part of self-discovery. Additionally, by acknowledging how many people and actions influence a person’s life, this book may help spark gratitude in young, and all, readers’ hearts.

Consider these ideas when discussing this book with your child:

- Support your child’s ambitions and embrace the identity they make for themselves.
- Remind your child to stay true to who they are and that being unique is beautiful.
 - As we grow up, it becomes difficult to not be swayed by others’ opinions.
 - Help your child be proud of who they are by encouraging them and showing interest in their passions.
- Remind your child that dedication, resilience, and hard work play a huge role in improving skills.
 - There will always be ups and downs. Connect with your child about a moment that you found something difficult, but persisted through the challenge.
- Help your child realize how many decisions, actions, and people are involved in your child’s day, both directly and indirectly.
 - Model for your child by expressing gratitude for the people around you.
- Remind your child that everyone in your community fills a role that no one else could fill.
 - Everyone’s actions have the power to influence others’ emotions and actions.
- Encourage your child to start a daily gratitude journal to help keep track of all the people, things, and moments they were grateful for in a given day.



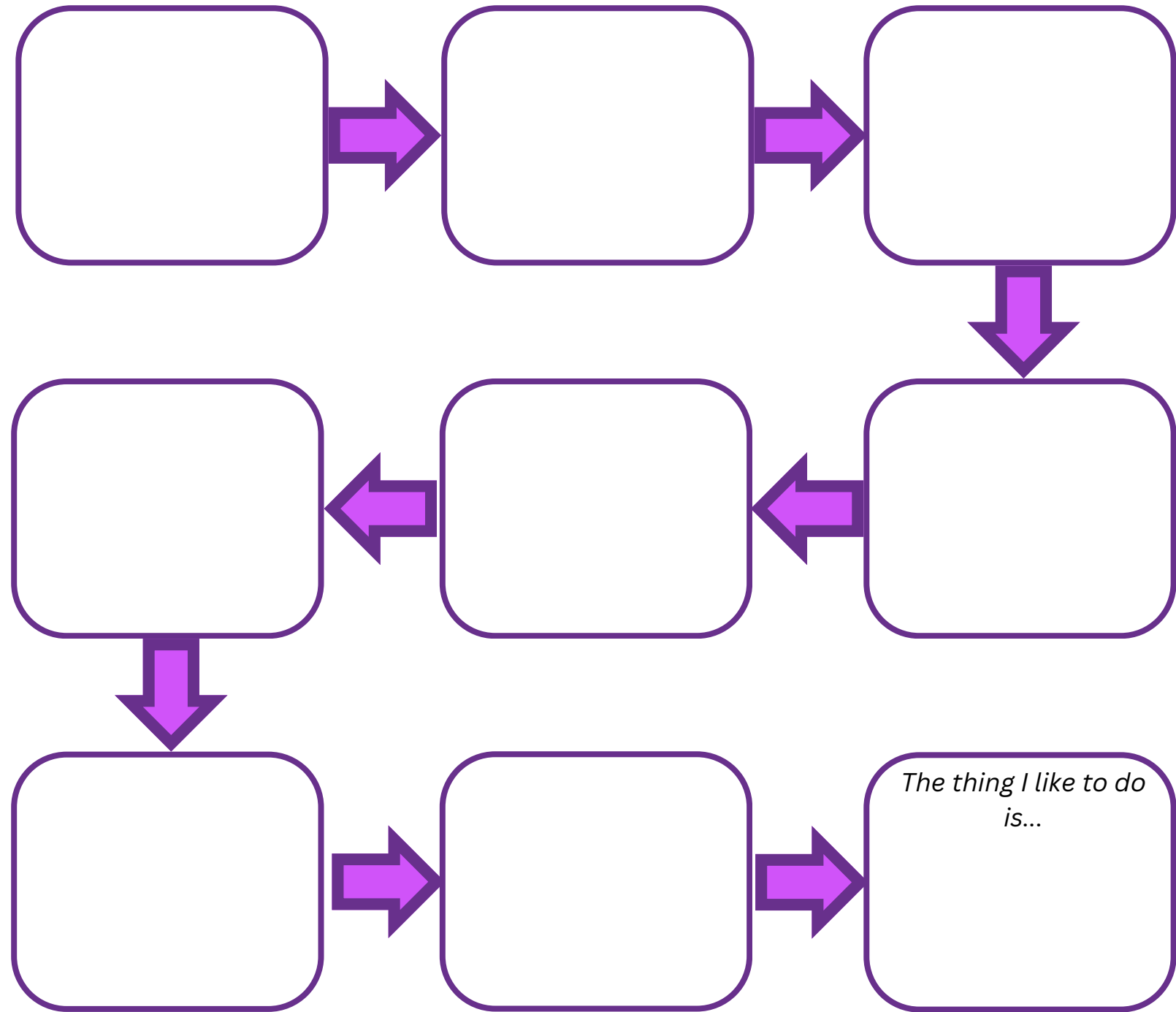
For additional *Resilience Grows Here: At-Home* book recommendations,
visit fvhd.org/community-health/rgh/books
For additional mental health support, visit fvhd.crediblemind.com

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Passion Reflection

It's good to take a moment to look back on the things that have made you, ***you!*** Take some time to reflect on a moment where you found an activity you're passionate about?

1. What is an activity you're passionate about?

2. Who helped you realize you enjoyed this activity?

3. What have you done to be able to do this activity?

4. Who supports your passions and what is one way to show your gratitude towards them?

Takeaway:

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