

# I Wonder

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## Concepts

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

- Curiosity
- Questioning
- Imagination
- Wonder/awe
- Life cycles
- Change
- Mother-daughter bonds
- Science

## Takeaway

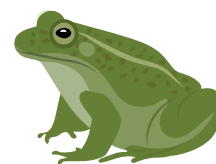
Resilient people find awe and wonder in the things they don't know.

This book follows a mother and daughter as they explore the outdoors. The inquisitive daughter points out multiple things she wonders about while on their walk. The mother answers some questions and is able to say, “I don’t know,” to others. As they wonder about different scientific processes, such as gravity, the origins of life, and metamorphosis, the daughter asks more supporting questions that fuel her curiosity.

*“It’s okay to say, I don’t know,” says her mother.*

*“When we don’t know something, we get to wonder about it!”*

This book can help educate young children about the importance of curiosity and imagination. Exploring their inquisitive nature is something that every child experiences and it’s important to fuel this curiosity.



## 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. **Who, What, Where, When, and Why?**
2. **Thought Clouds**

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



**RESILIENCE  
GROWS HERE**

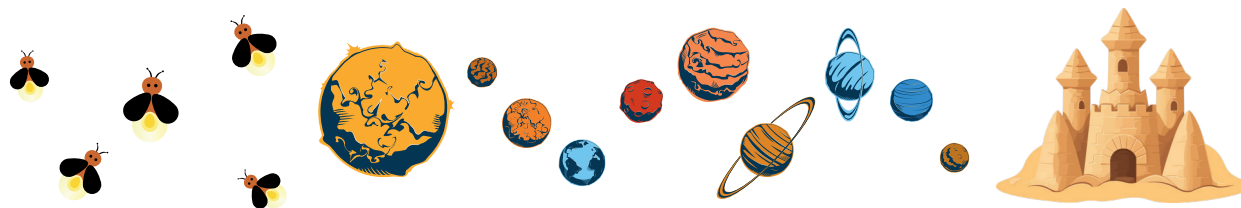


# Conversations to Have at Home:

A child who shows early signs of curiosity should be encouraged to explore the world around them, with the help of their parents. Curiosity can lead to an excellent student who thinks critically about all topics that they come across. It's important to engage in conversation with your child when they ask complex questions.

## Consider these ideas when discussing this book with your child:

- Remind your child that there's no such thing as a dumb question.
- Model asking questions and being curious.
- Answer the questions that you are unsure of the answer of with, "I don't know".
- Express that there is nothing wrong with answering a question with, "I don't know".
- Celebrate feelings of awe and wonder in your child.
- Invite your child to share some of the things they wonder about. Let their imagination lead the way.
- Talk about why asking questions is valuable—even when we don't have the answers.
- Help your child reflect on how it feels when they don't know something.
  - Let them know that it's okay to feel uncertain.
- Reassure them that not having all the answers can be a part of learning and growing.
- Spend time noticing small things together—like sounds, colors, or patterns—and talk about how paying attention can open up new questions.
- Ask your child if they've noticed anything interesting or new today that made them curious.
- Share ways you handle uncertainty, and invite them to do the same.



For additional *Resilience Grows Here: At-Home* book recommendations,  
visit [fvhd.org/community-health/rgh/books](https://fvhd.org/community-health/rgh/books)

For additional mental health support, visit [fvhd.crediblemind.com](https://fvhd.crediblemind.com)

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# Who, What, Where, When, & Why?

Take a look at the image below. Come up with a list of questions you have about the people, activities, things, and places you see. Then, imagine your own answers!



Questions

Answers

Who are the people sitting at the table?

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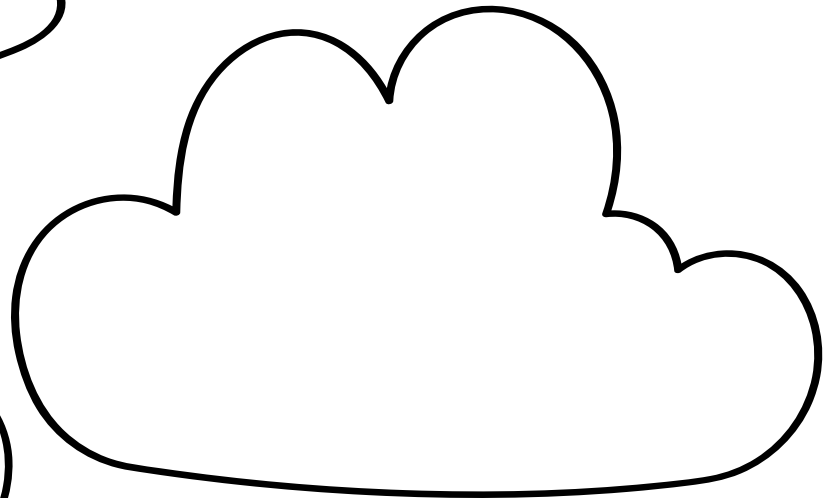
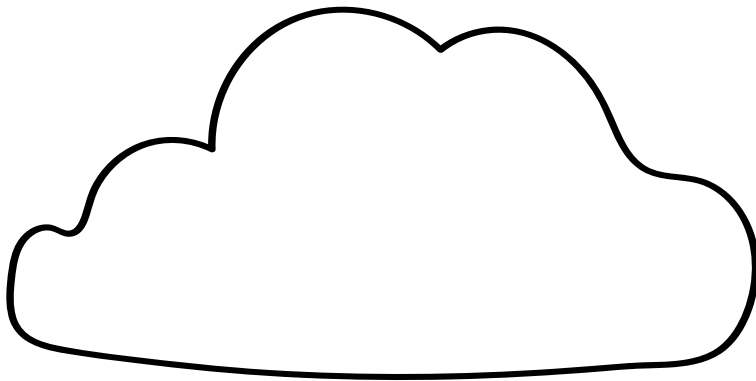
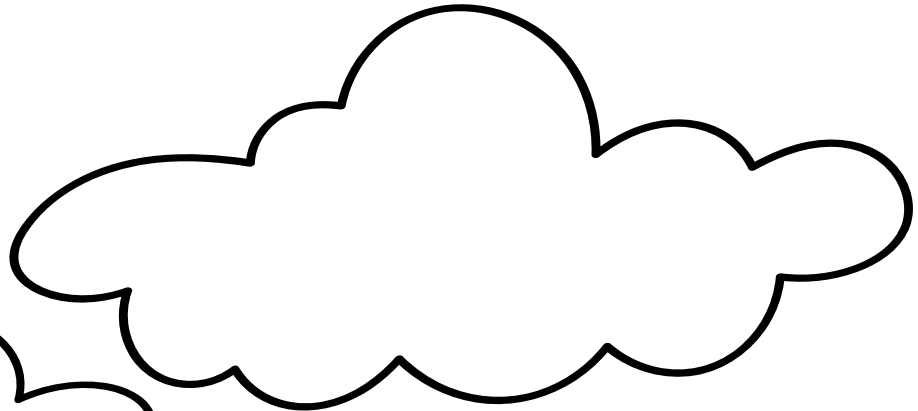
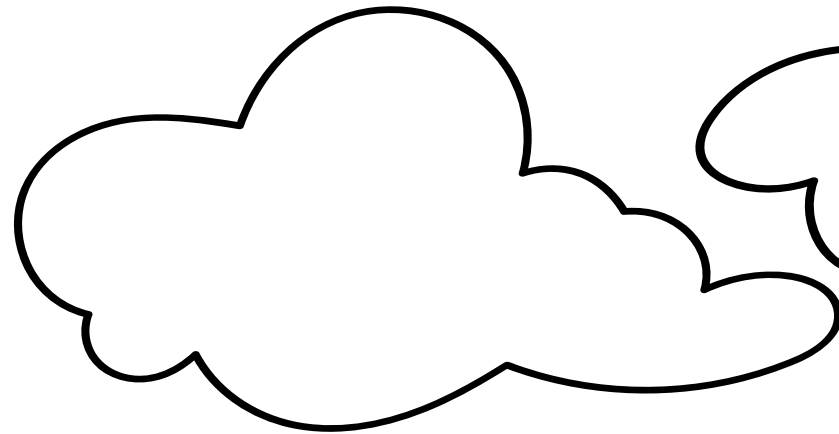
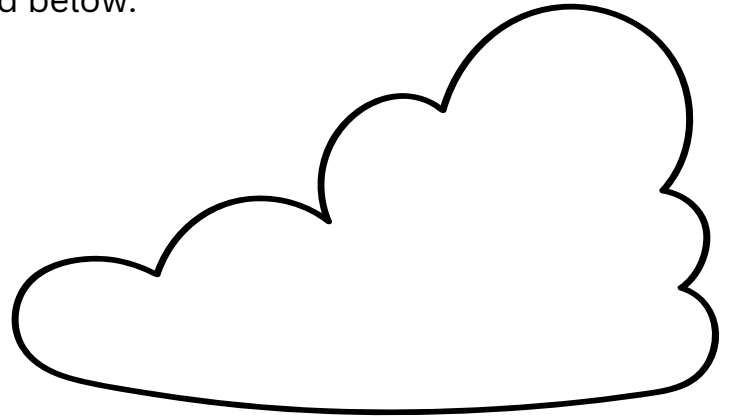
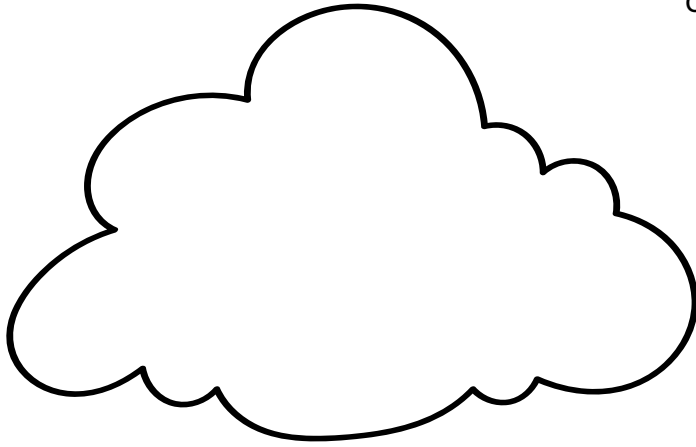
Takeaway:

Resilient people find awe and wonder in the things they don't know.



# Thought Clouds

Find a comfortable spot and do some deep breathing. As you are taking this time, notice the thoughts that go through your mind as you breathe. Draw and write those thoughts in each cloud below:



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