

Discussion Guide ✦

How to use this guide

Read Meya: The Brave Little Star aloud, then use these five questions to spark conversation. There are no wrong answers — just brave little voices.

Before you read

1 Have you ever felt scared to do something? What was it?

→ Activates prior knowledge and builds empathy before reading.

Meya's feelings

2 Why did Meya feel scared? What was she worried about?

→ Checks comprehension and helps children name the emotion of fear.

Meya's dad

3 How did Meya's dad help her feel brave? Who helps YOU feel brave?

→ Connects the story to the child's own support network.

Faith & strength

4 Meya discovered God's strength lives inside her. Can you put your hand on your heart — can you feel how strong you are?

→ A gentle, physical, faith-rooted moment children ages 3–6 will love.

After the story

5 Meya chose to be brave even when she was scared. What is one brave thing YOU will do this week?

→ Sends every child away with a personal challenge and a sense of purpose.

✦ Would you like Mmeyene-Jasmine Umoren to visit your school?

We'd love to hear from you!

mmeyenejasmine.com/contact

✦ I am brave. I am loved. I shine! ✦

mmeyenejasmine.com