

Family Resiliency Reading Guide

CHESTER THE BRAVE

BY AUDREY PENN

After reading *Chester the Brave* with your child, use this reading guide to continue the conversation around resiliency at home. In this guide, you will find a description of how this book relates to Resiliency Characteristics, literacy tips, and sample conversation starters for you and your child.

SYNOPSIS

Chester the Raccoon learns the meaning of bravery after hearing his mother tell him a story about Robin, a little bird who is afraid to jump out of the nest and fly. Chester has an opportunity to face his own fear by giving a speech in front of his class. Mrs. Raccoon tells Chester that being brave does not mean that you are unafraid; being brave means not letting that fear stop you. Mrs. Raccoon teaches Chester the “Think-Tell-Do” strategy. When Chester is afraid, if he thinks he can’t do something, he tells himself he can, and then does it, knowing he has support from his mother!

LESSONS IN RESILIENCY

- ▶ Chester was worried that admitting he was afraid was a bad thing. However, Chester’s mother, Mrs. Raccoon, helps him realize that it is okay to be worried or afraid and that it is important to talk about these feelings. Chester practiced **self-awareness** by understanding why he was afraid and realizing that with support from a parent, friend or teacher he could overcome his fears!
- ▶ The story about Robin being afraid helped Chester realize that he was afraid to recite his lesson in front of the other animals at school. His mother reassured him with encouragement and taught him how to “Think-Tell-Do” to overcome his fears. By using this tool, Chester is using **self-management** to govern his actions to ensure he can accomplish his goals.

RESILIENCY CHARACTERISTICS



Self-Awareness and Self-Management

Understanding and governing our thoughts, actions and impact on others.

RESILIENCY CONVERSATION STARTERS:



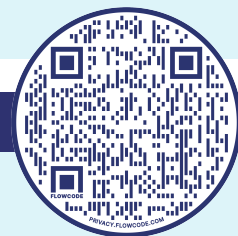
Chester was worried that he was not being brave. Ask your child about a time he or she was worried or afraid and how that time was similar to Chester’s story.



Remind your child that Mrs. Raccoon shares with Chester the “Think-Tell-Do” strategy. Talk with your child about how he or she can find the courage to do things that seem scary or hard just like Chester.

LITERACY TIP

Reading with your child can help build many skills. Oral language, which encompasses both speaking and listening, is the foundation for becoming a successful reader. While reading aloud to your child, ask questions about what is happening in the story and share your observations and thoughts about the story out loud.



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