



Teaching Guide-Grade 1

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Special thanks to my wonderful team: Krystal Ann Wallick, a teacher and mental health counselor (creator);
and Czarina Tran, a teacher, and Nikki Rogers (proofreaders).

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READING



Read Aloud Discussion

Before the Story

1. What does the cover tell you about the book?
2. What do you think this book is about?
3. Michael Wong is the author. What does an author do?
4. Ann Baratashvili is the illustrator. What does an illustrator do?



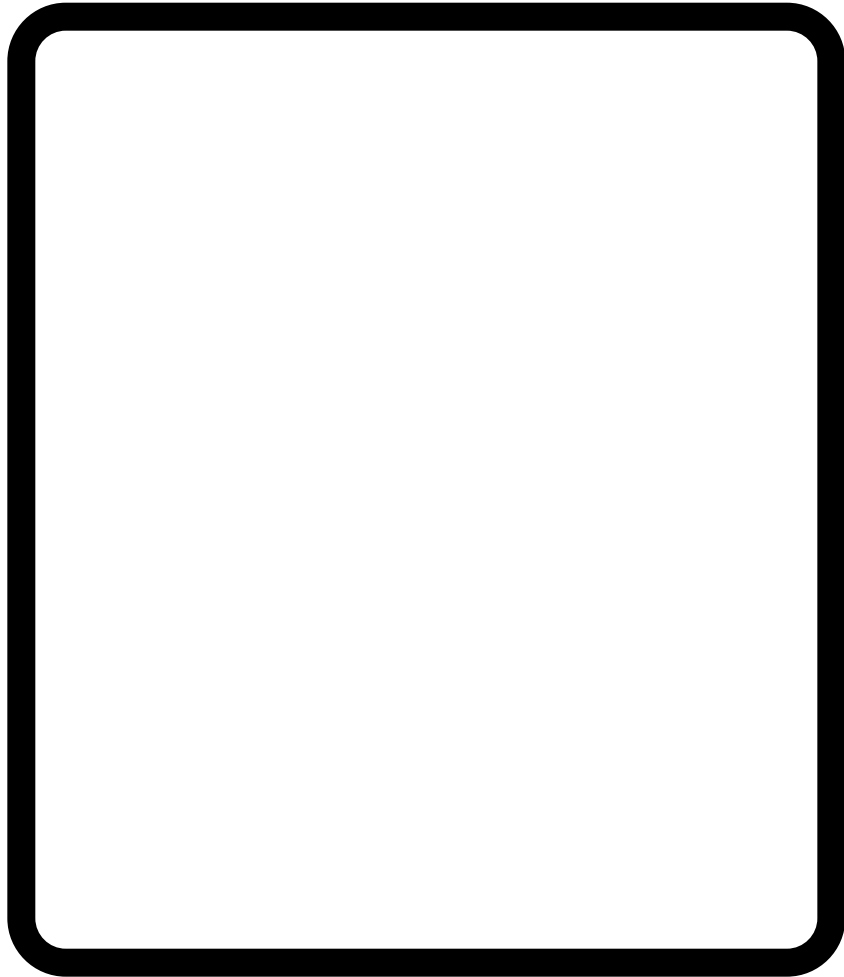
During the Story

1. What does "reach for the stars" mean? You can't actually reach stars.
2. Have you ever needed to have courage? Tell me about it.
3. How do you use imagination in your every day life?
4. If you had a magic hot air balloon, where would you go?
5. What are some ways that you make sure to stay healthy and well?
6. What brings you peace and tranquility? Do you have a special peaceful place?
7. Did you know that you already have so much knowledge! Share a fun fact.
8. When have you had grit and you kept trying hard without giving up?
9. What does success look like to you?
10. Tell me about a time that you had good luck.
11. Tell me about a time you had faith and it turned out all right.
12. Tell me about your family and friends.
13. What makes you laugh?
14. What can you do that is kind today?
15. Tell me about someone that you love.
16. What makes you happy?

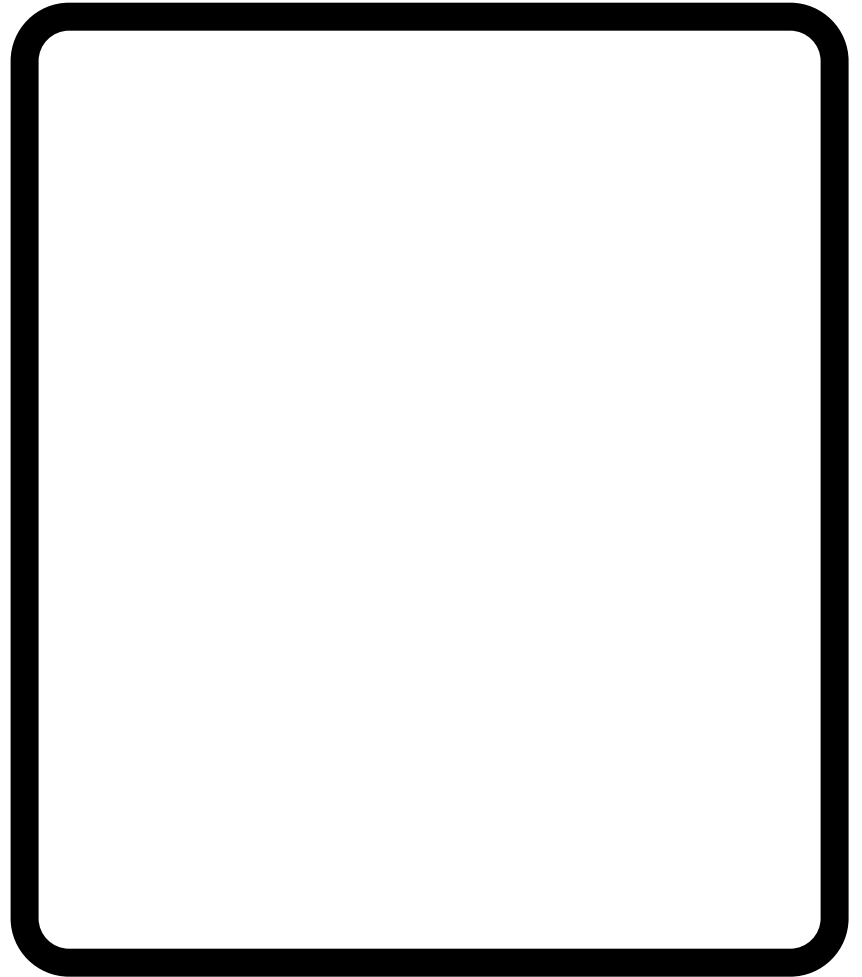


Say It Out Loud

Say each word out loud and then draw a picture of what that word means to you.



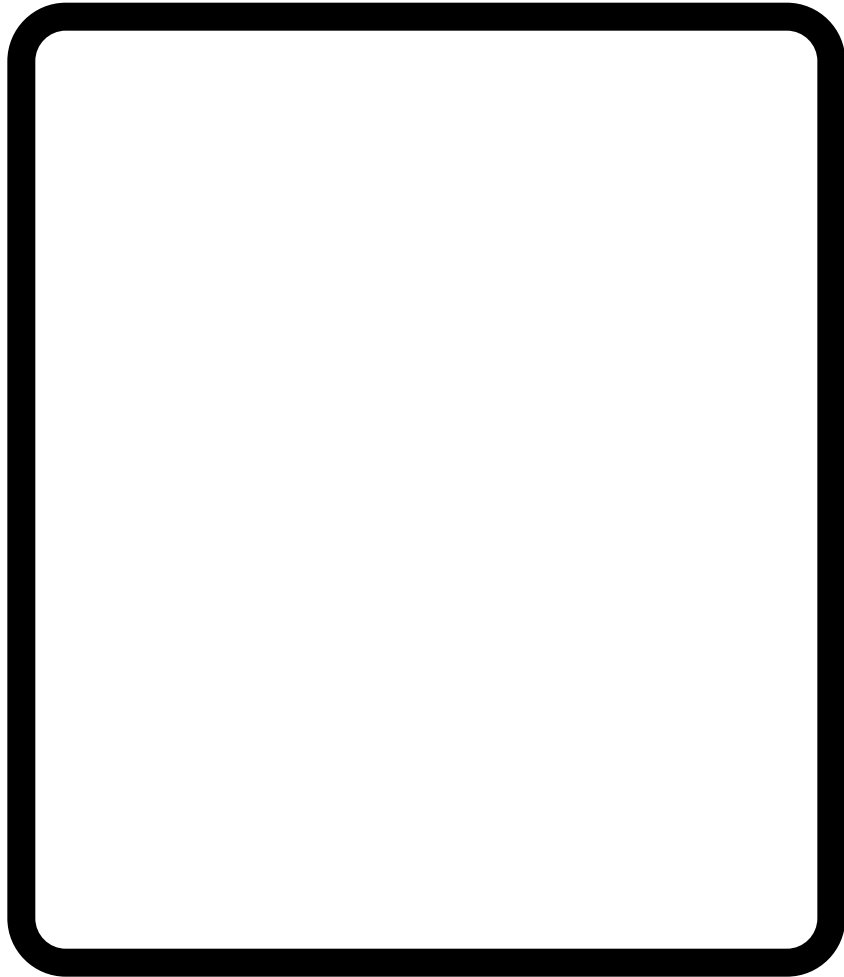
wish



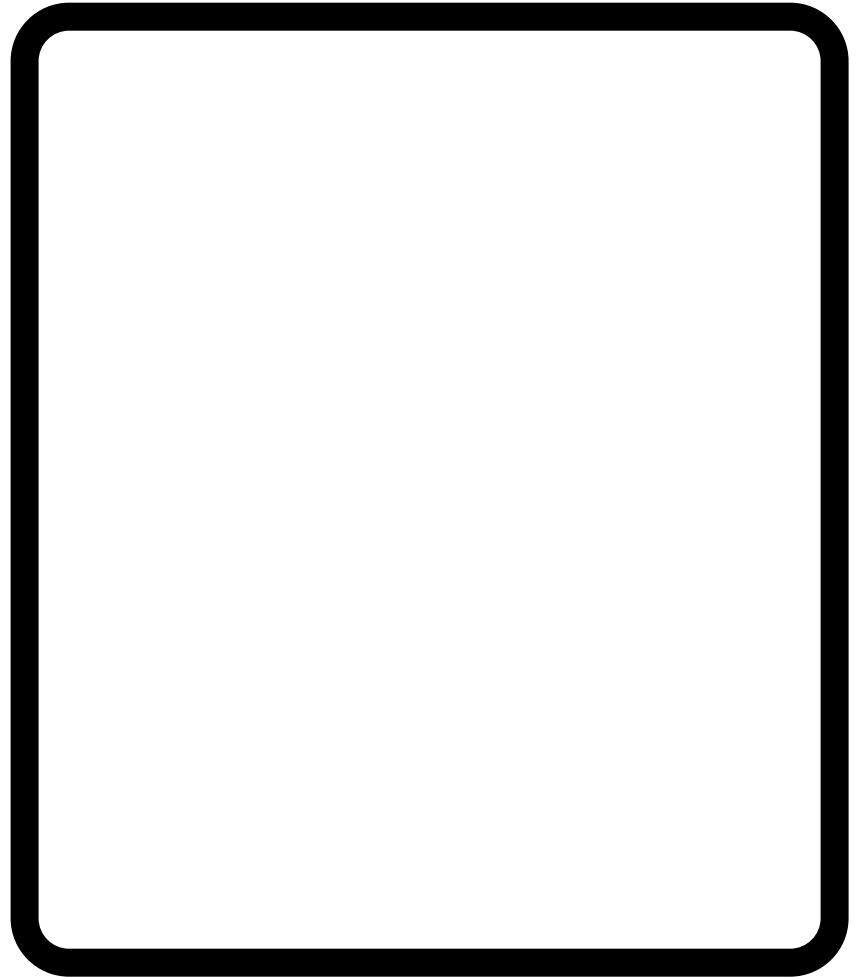
star

Say It Out Loud

Say each word out loud and then draw a picture of what that word means to you.



trail



luck

Read the passages below and circle the sight words that you find.

of how an
with they and

I wish you joy and laughter,
to laugh long and loud until you gasp for breath.

I wish you kindness and generosity,
for no act of kindness is ever wasted, no matter how small.

I wish you love and affection,
to fill your beautiful heart with an ocean of joy.

Identify Feelings

How do you think the character is feeling?



"I wish you grit and resilience,
to never ever give up."

What makes you think that?

WRITING



Opinion Writing

Why do you think the author chose the wishes that he wrote about in the book?

Handwriting practice lines consisting of four sets of three horizontal lines each. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

Opinion Writing

Pick your favorite wish from the book.

Write about why it is important to you.

My favorite wish:

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated five times.

Informational Writing

Did you find the dog on each page of the book? What do you know about dogs?

Write 3 facts about dogs.

1.

2.

3.

All About Dogs

Use all five of your senses to describe what you know about dogs.

a dog looks like



a dog smells like



a dog sounds like



a dog feels like



a dog likes to eat



About a Character

Choose a famous person from the back of the book. Research about them and find out facts. Write them here.

something you learned

character name

draw a picture

something they loved

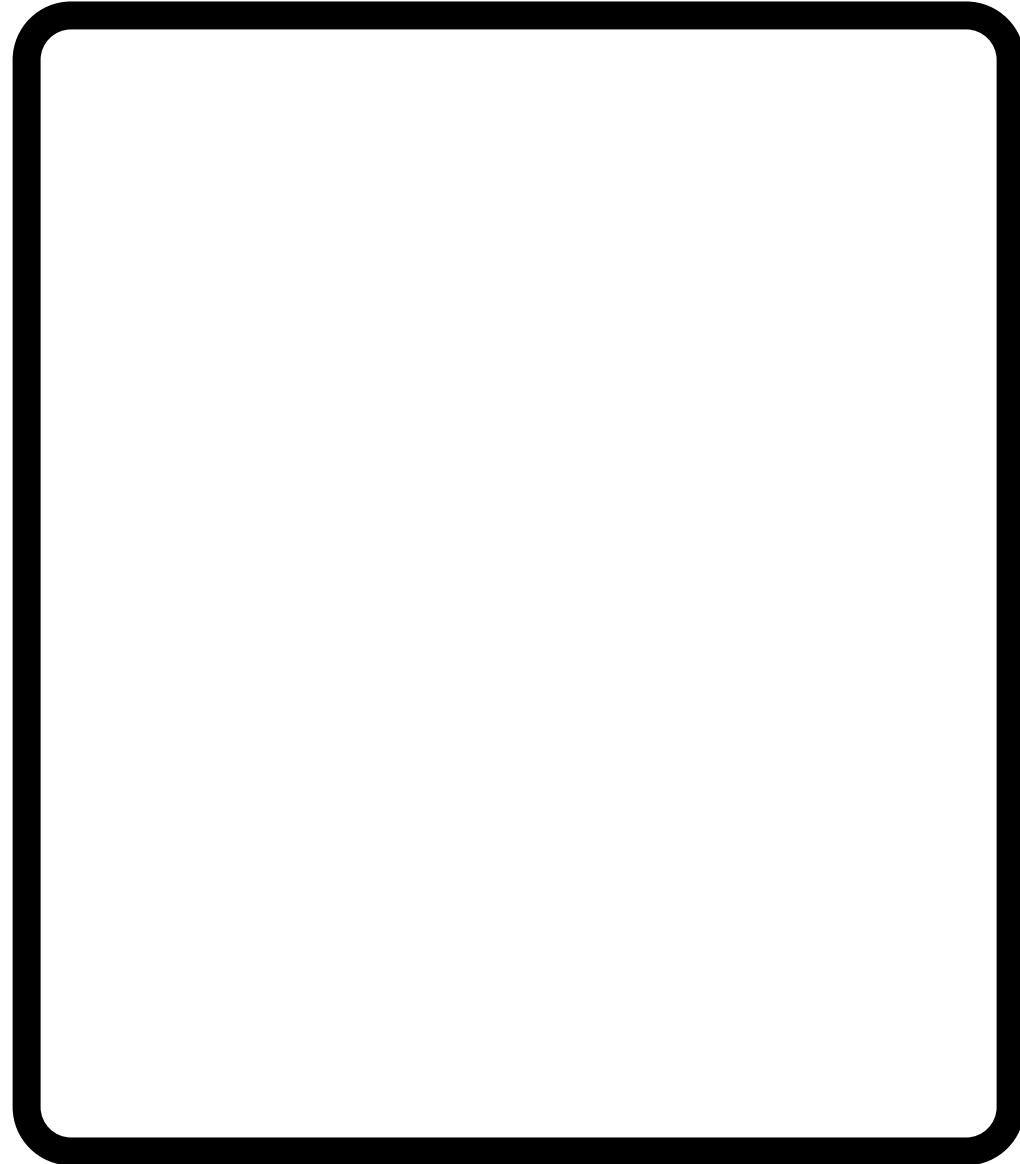
something they said

why they were famous

Text to Self Connection

Write about a time you achieved a dream. Draw a picture to match.

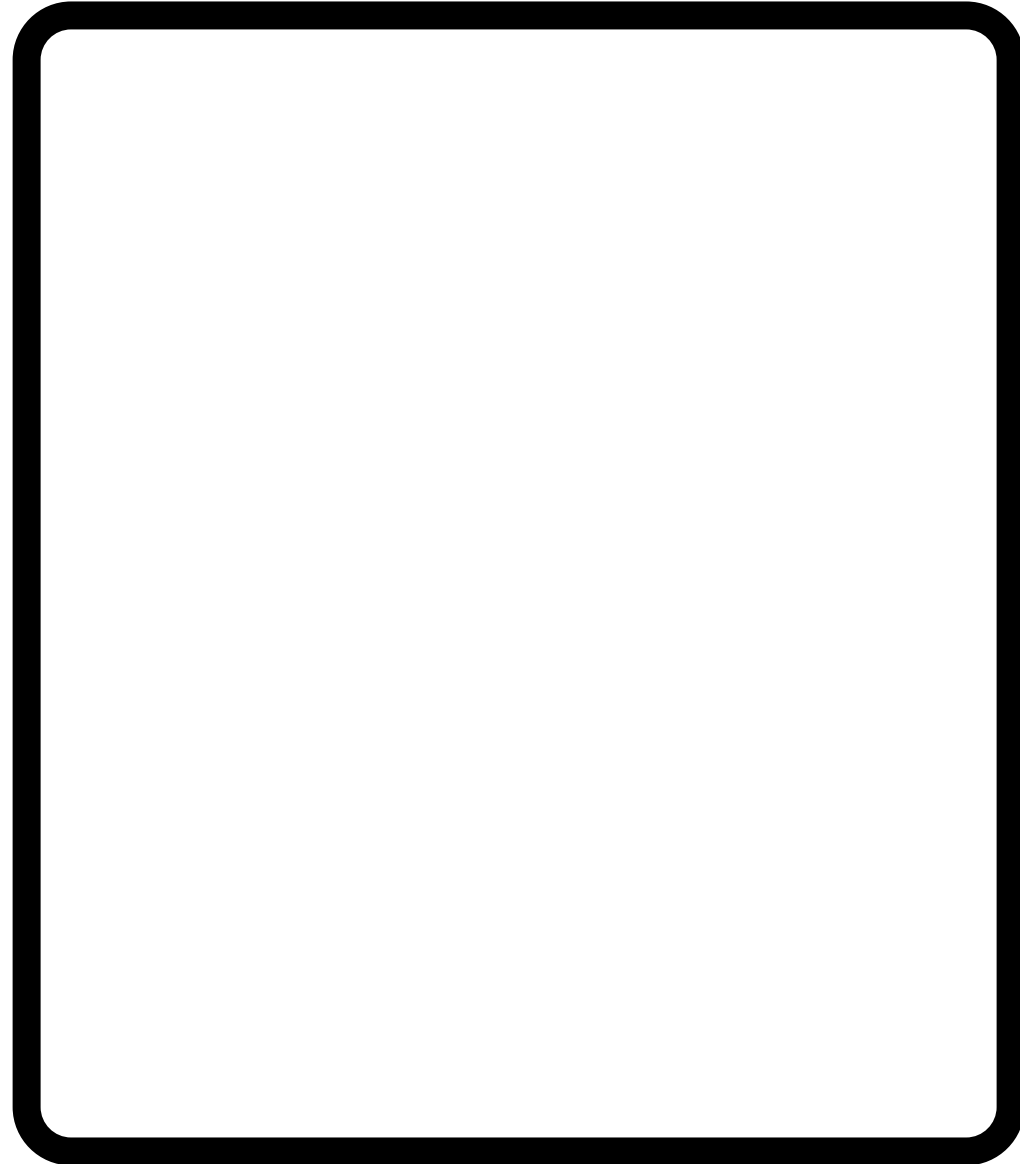
Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



Text to Self Connection

Write about a time you had courage. Draw a picture to match.

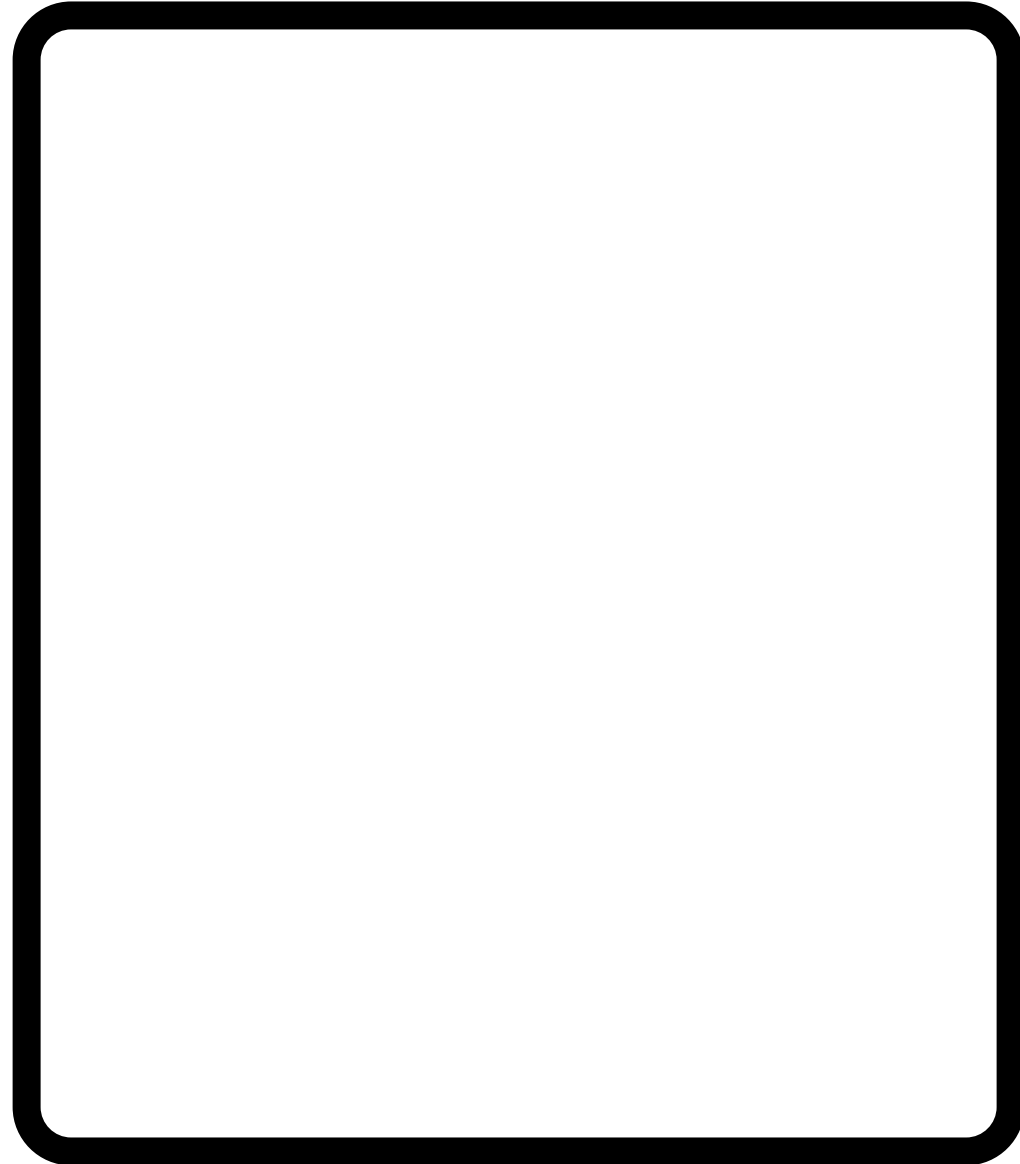
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about a time you used your imagination. Draw a picture to match.

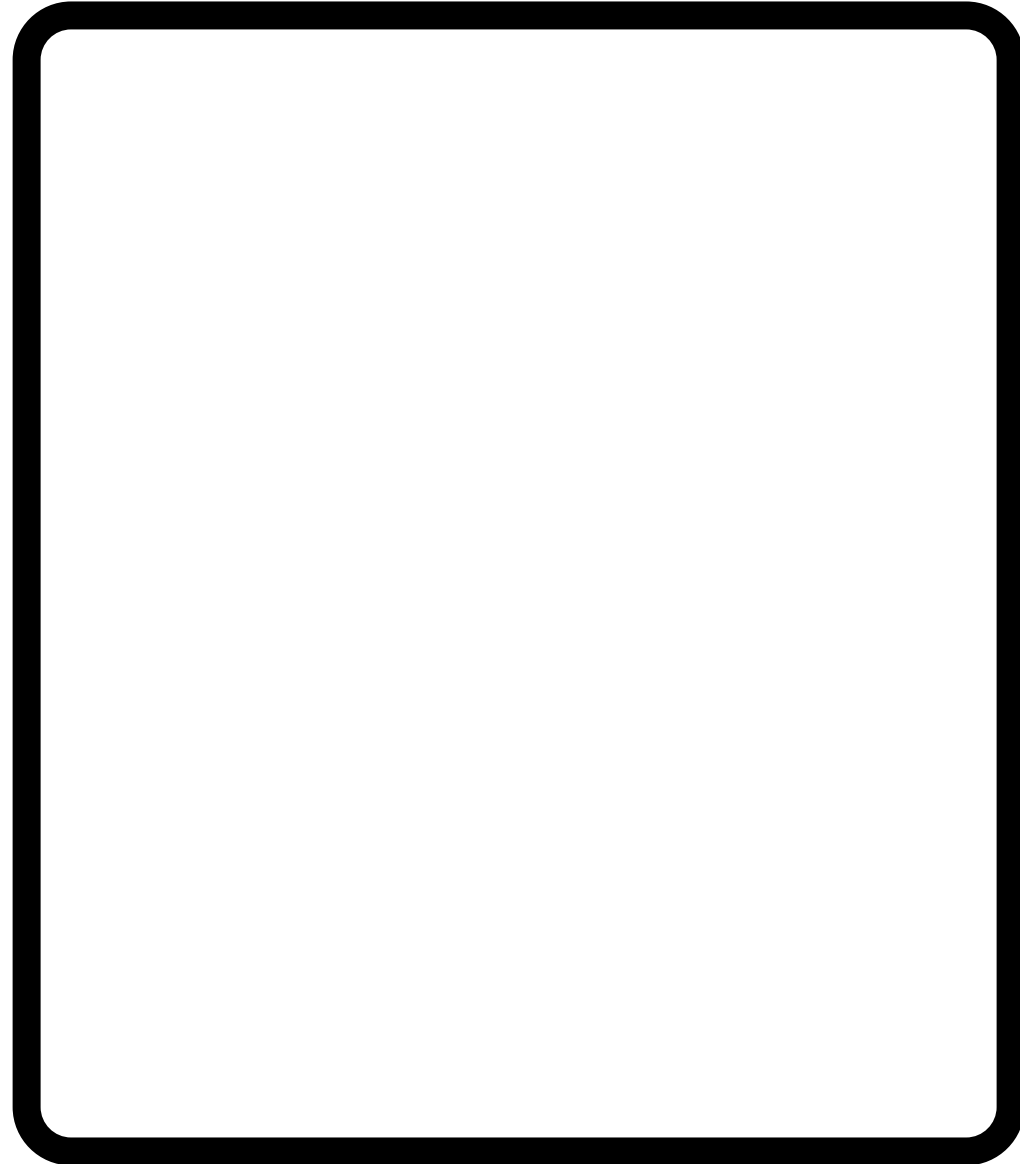
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about an adventure you went on. Draw a picture to match.

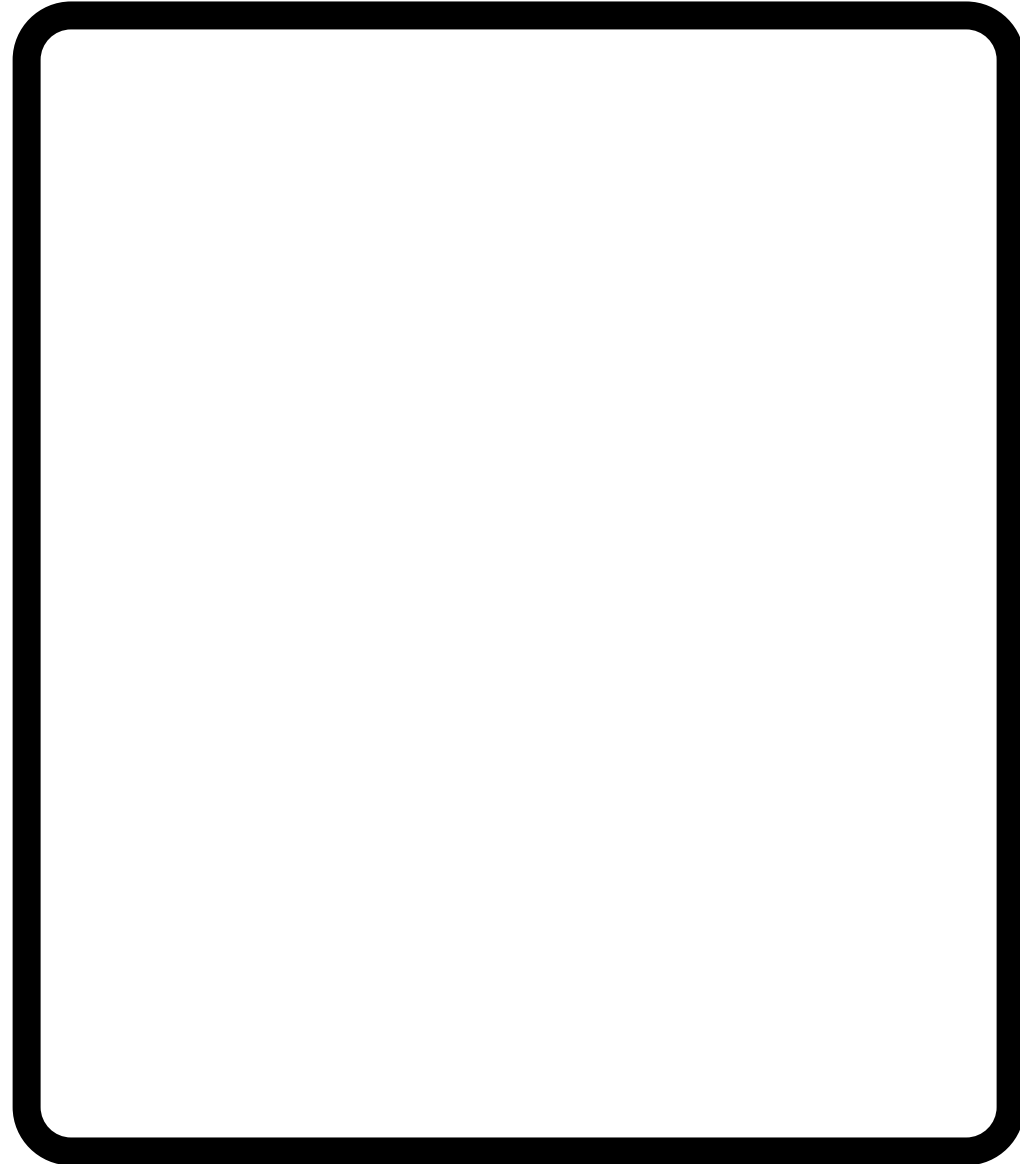
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about what makes you feel at peace. Draw a picture to match.

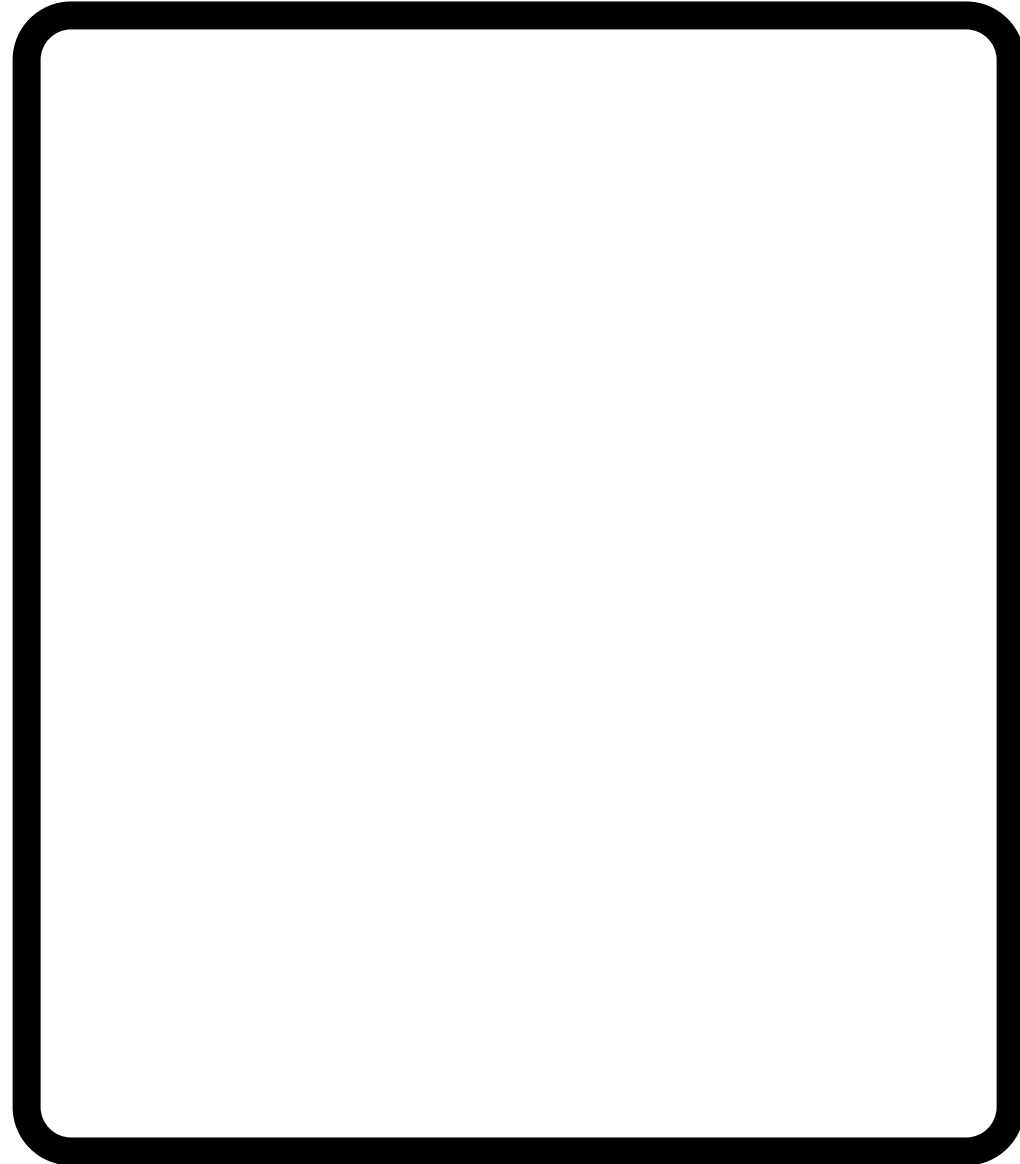
Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



Text to Self Connection

Write about a time you had grit and resilience. Draw a picture to match.

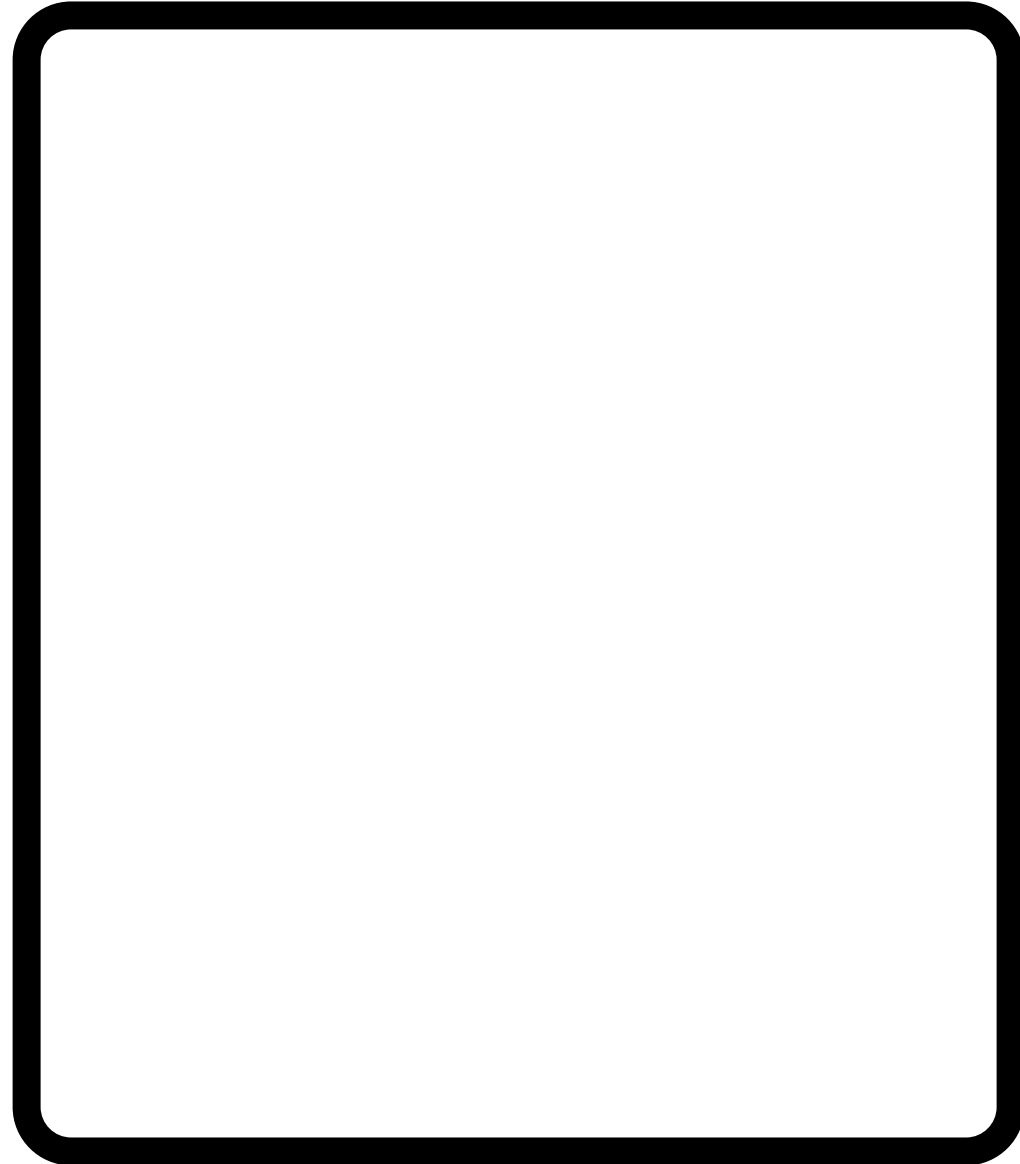
Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated ten times.



Text to Self Connection

Write about a time you felt success. Draw a picture to match.

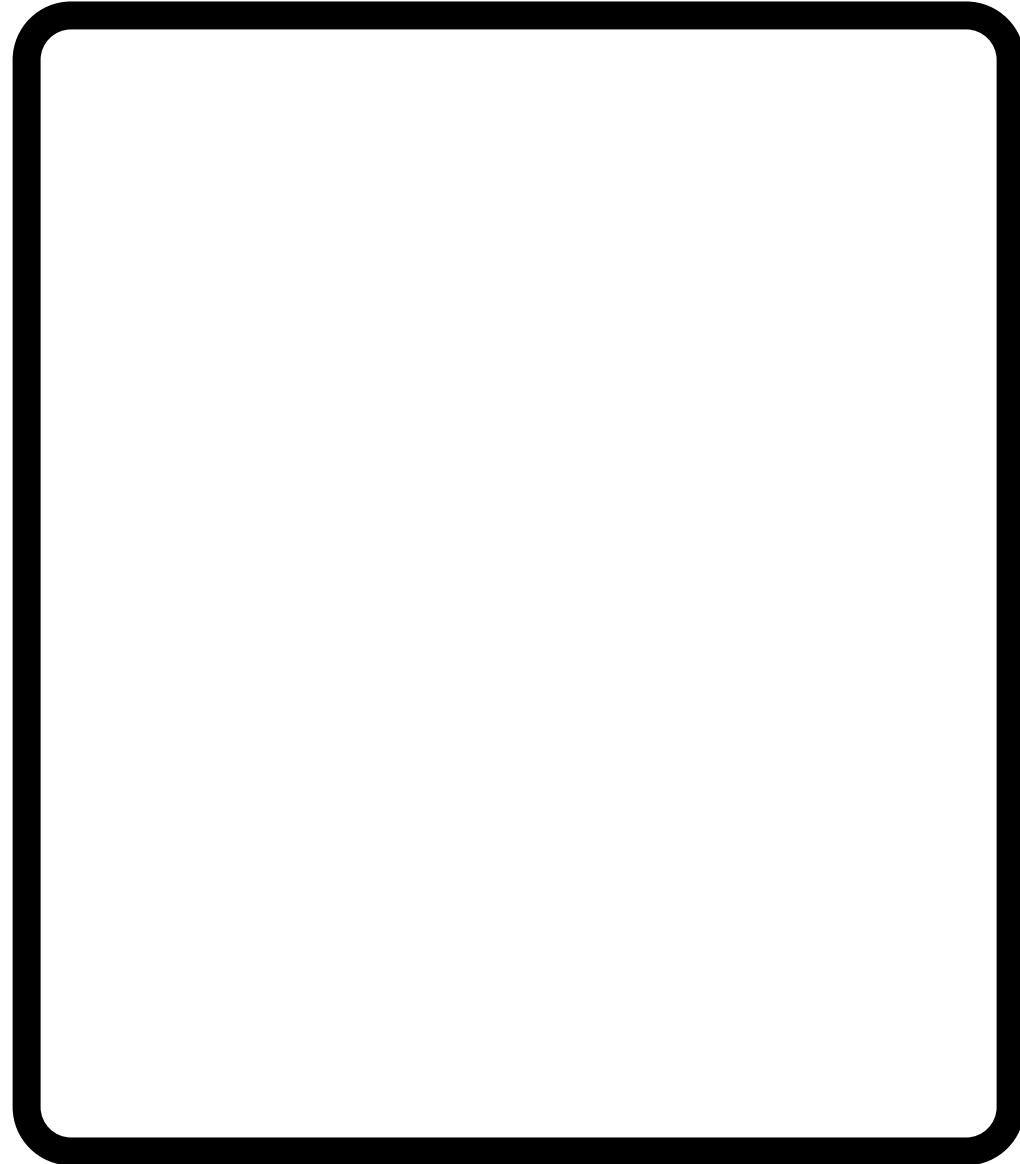
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about a time you got lucky. Draw a picture to match.

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

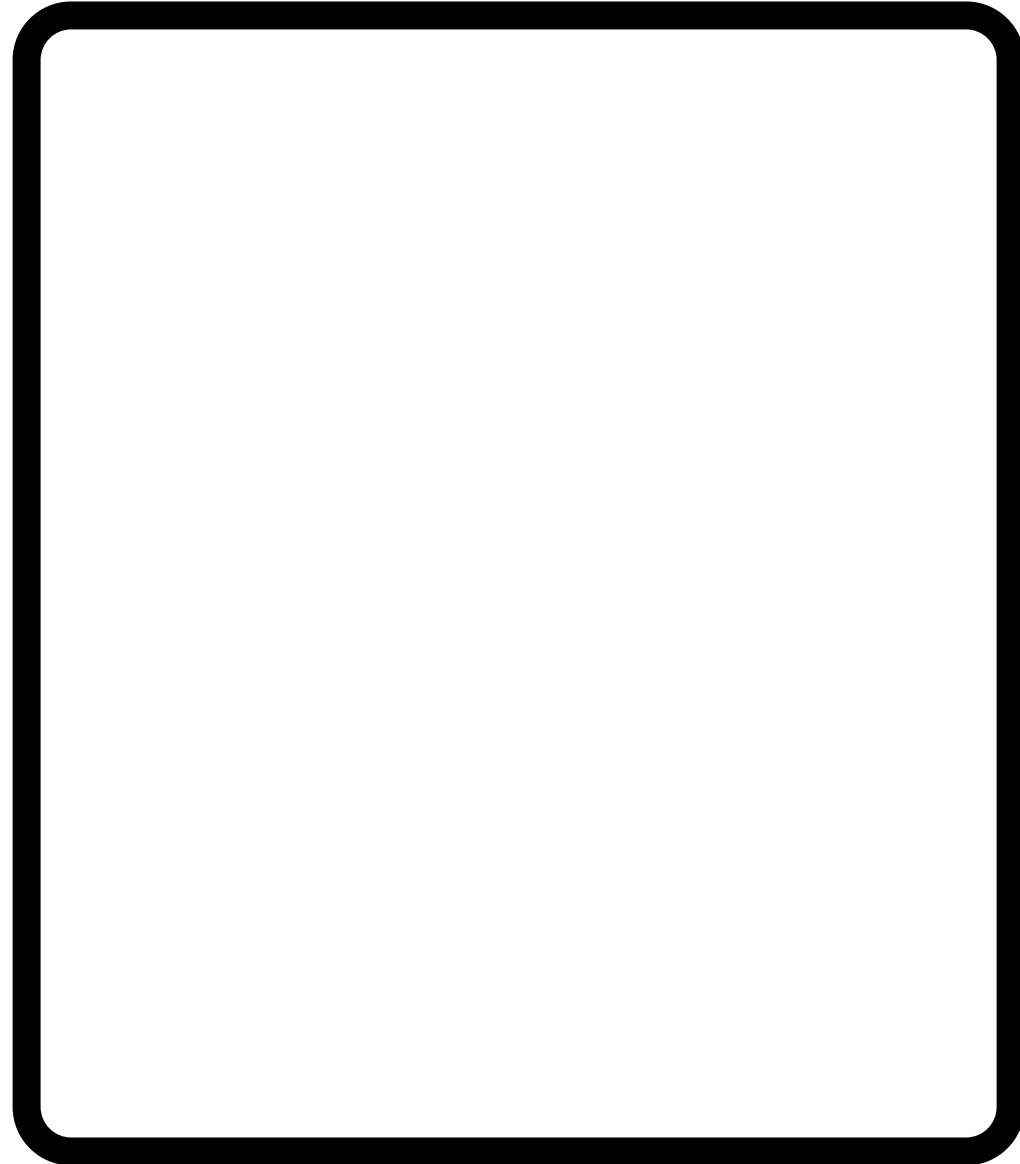


Text to Self Connection

Write about a time you had faith that everything would be all right.

Draw a picture to match.

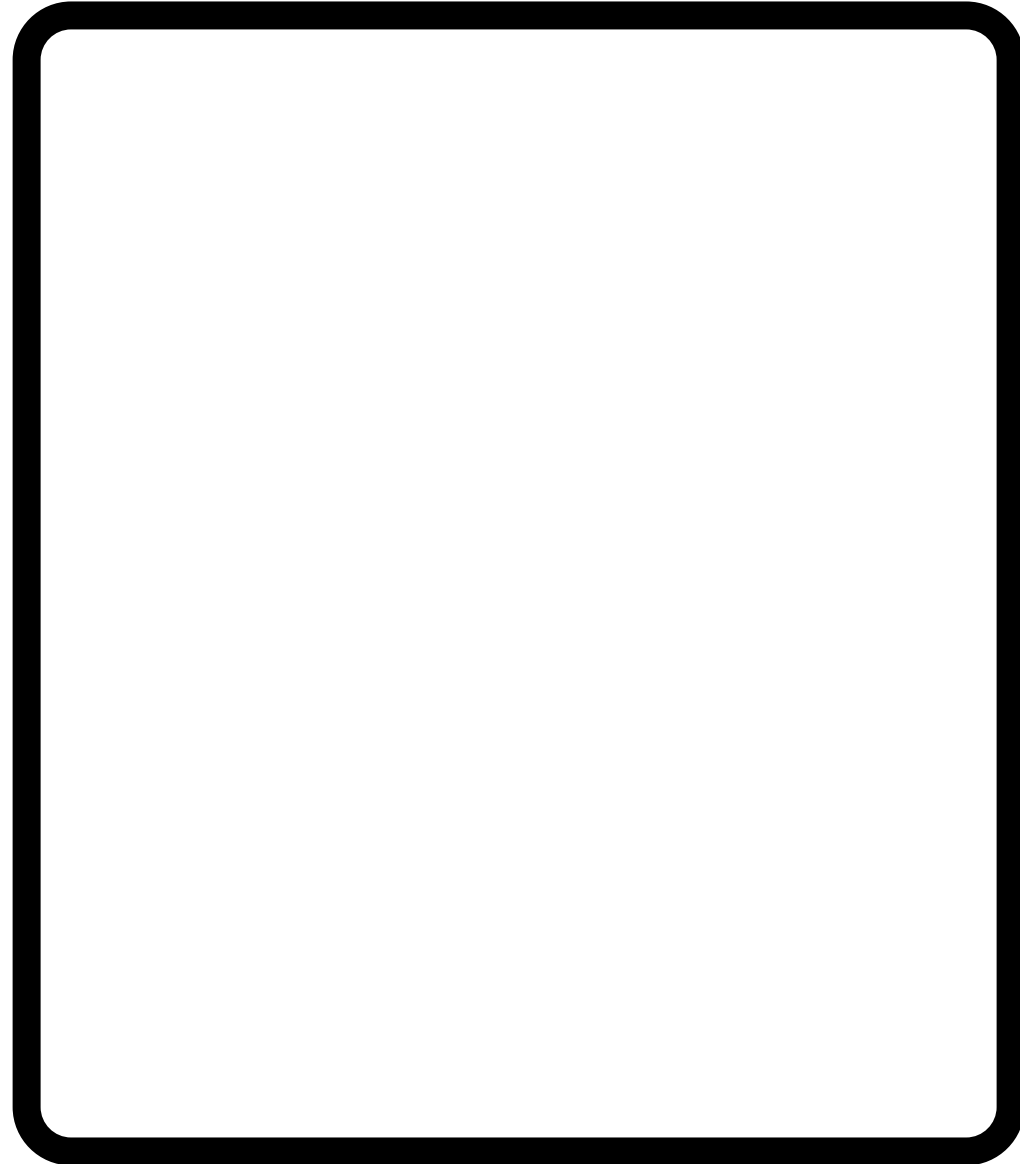
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about your family. Draw a picture to match.

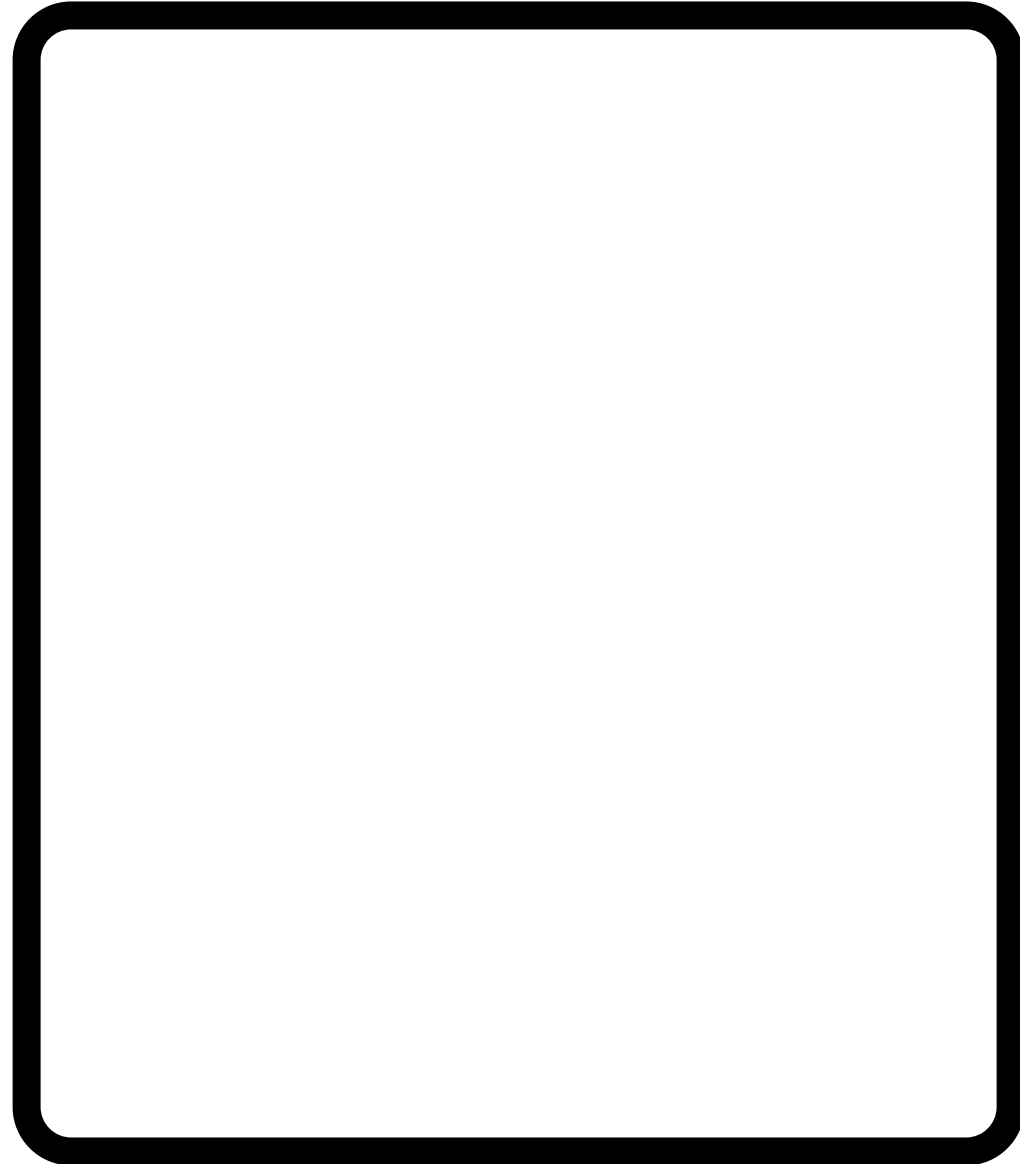
Handwriting practice lines consisting of solid top and bottom lines with a dashed midline for letter height guidance. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about your friends. Draw a picture to match.

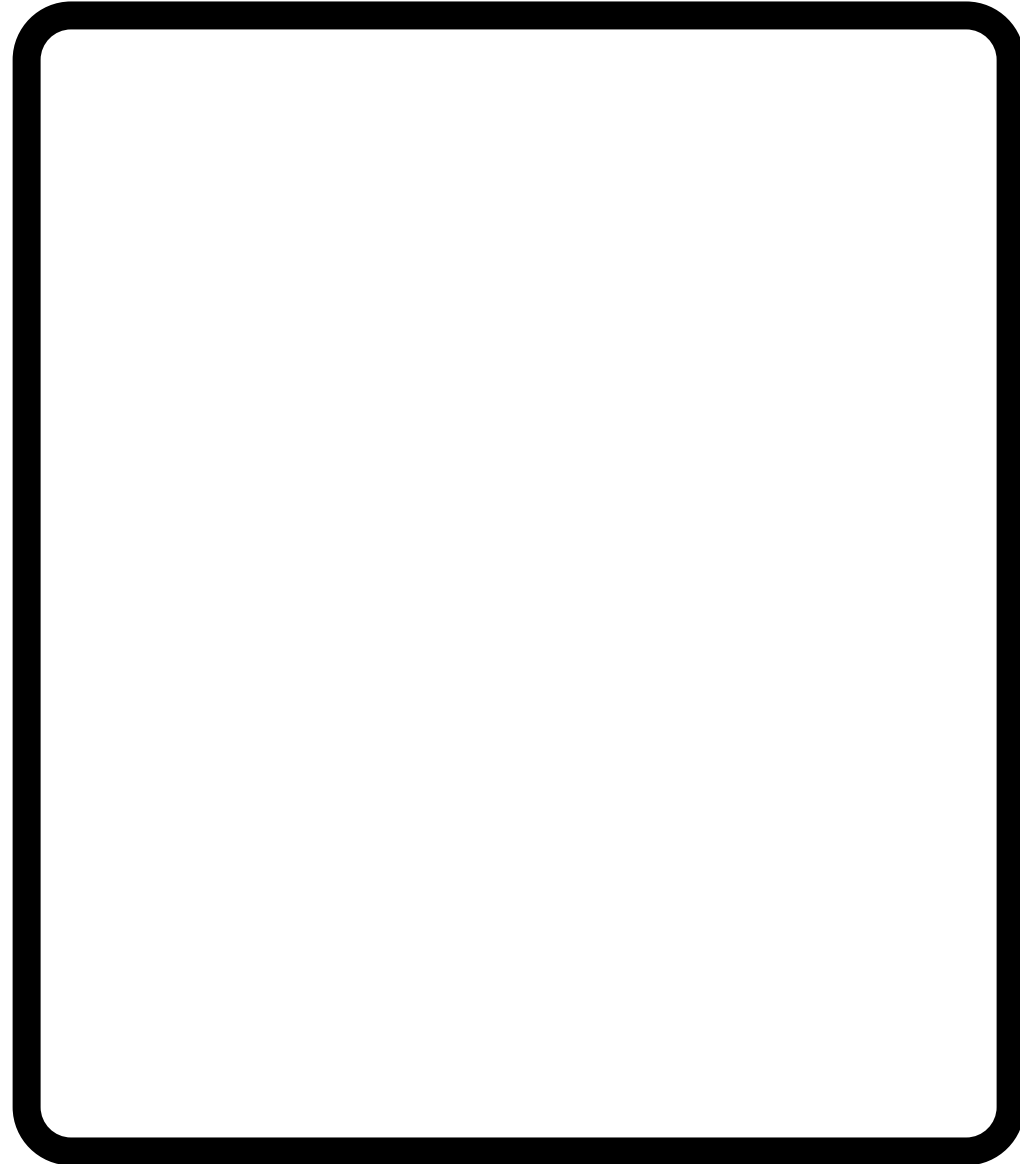
Handwriting practice area consisting of 10 sets of lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



Text to Self Connection

Write about what brings you joy. Draw a picture to match.

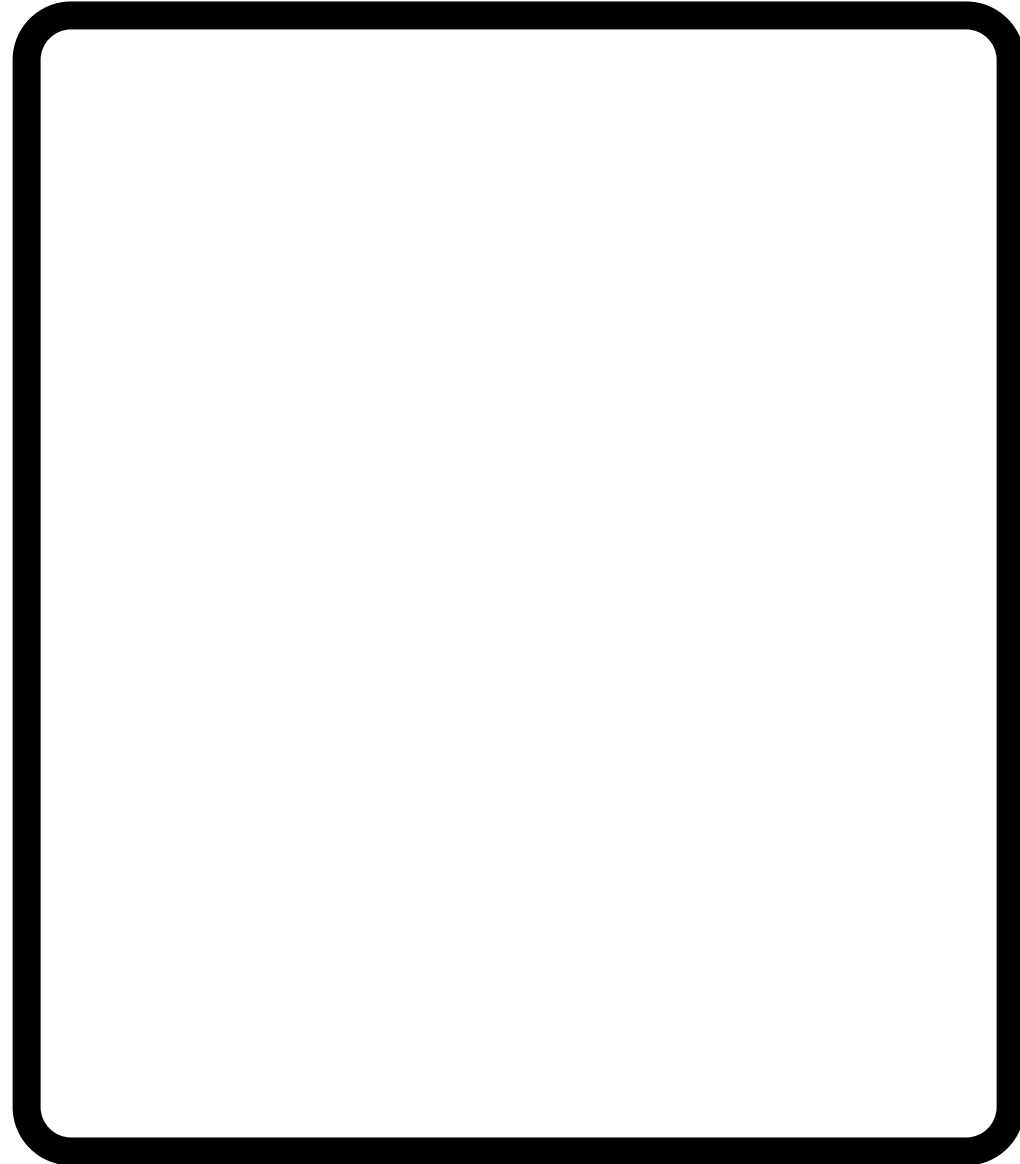
Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



Text to Self Connection

Write about what makes you laugh. Draw a picture to match.

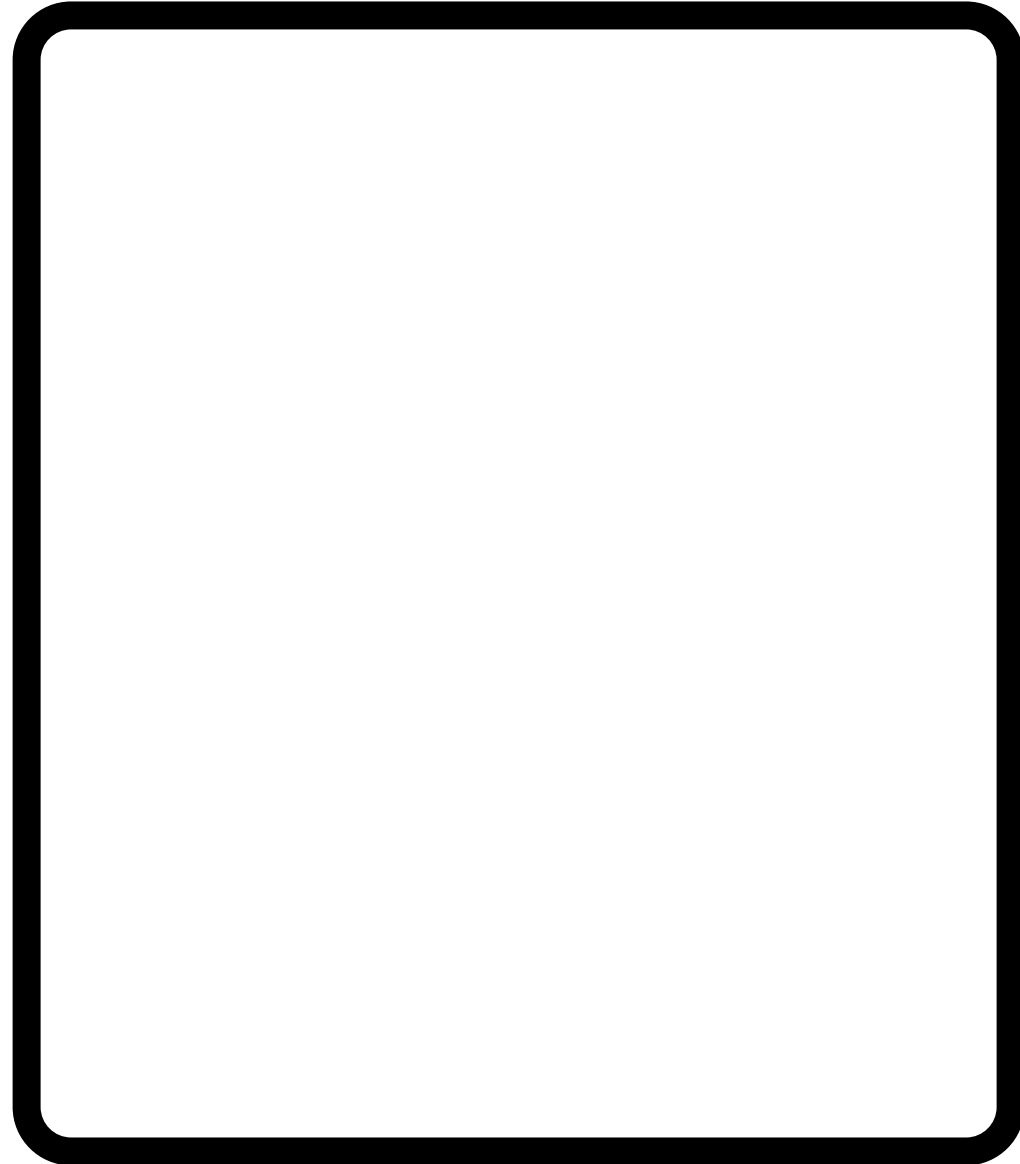
Handwriting practice lines consisting of solid top and bottom lines with a dashed midline. There are ten sets of these lines stacked vertically.



Text to Self Connection

Write about a time that you were kind. Draw a picture to match.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.

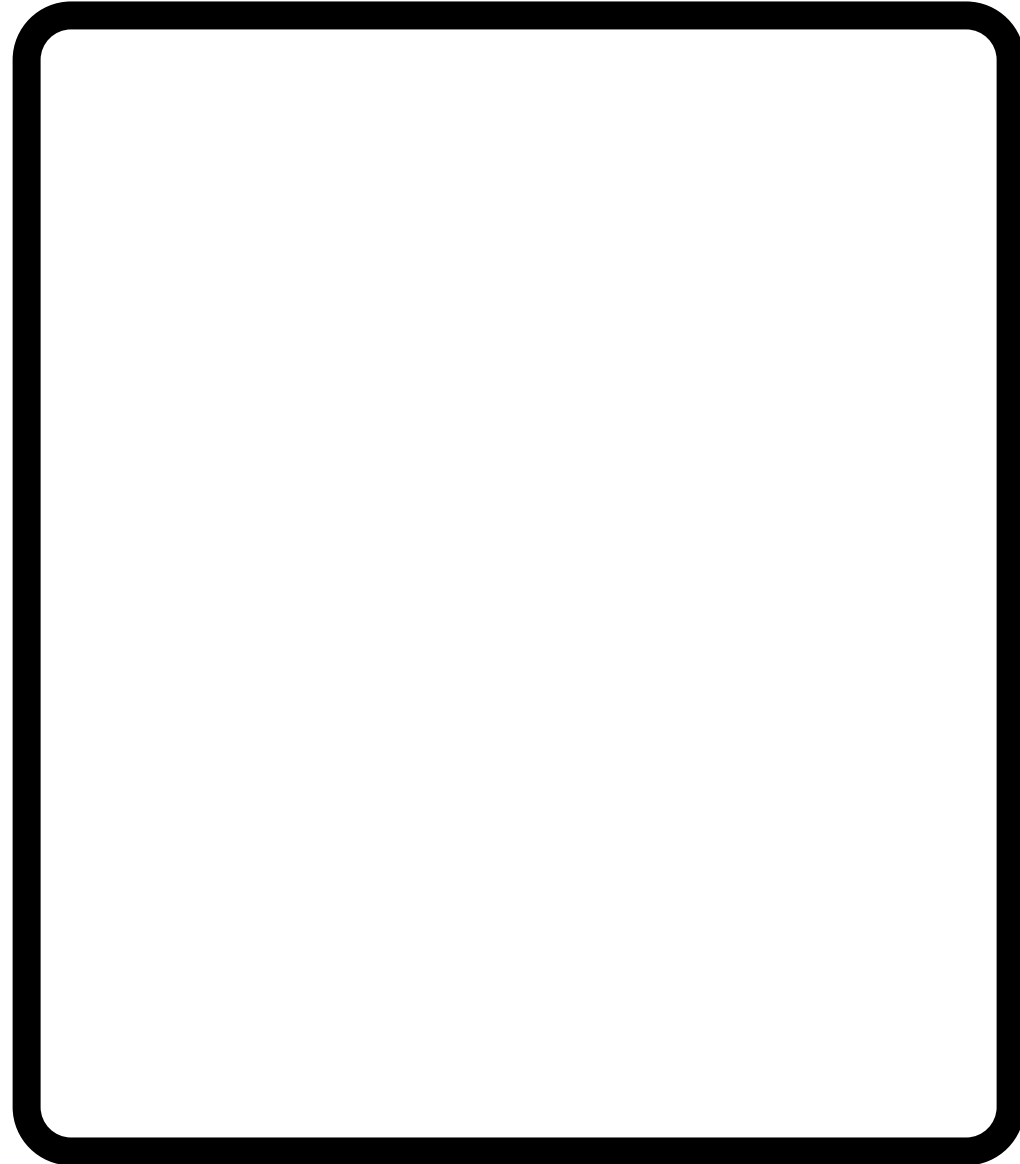


Text to Self Connection

Write about a time that someone showed you kindness.

Draw a picture to match.

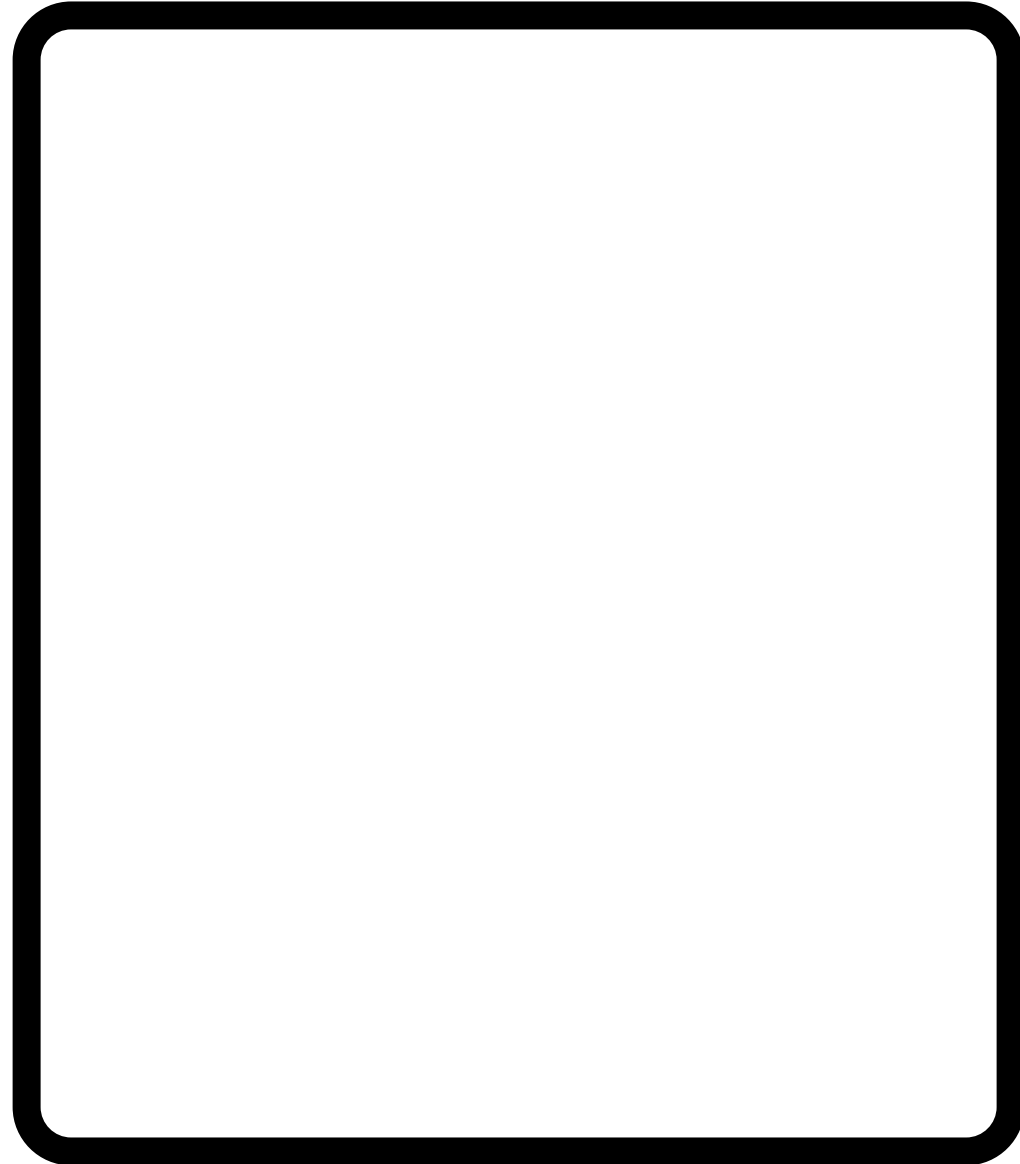
Handwriting practice area consisting of ten sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



Text to Self Connection

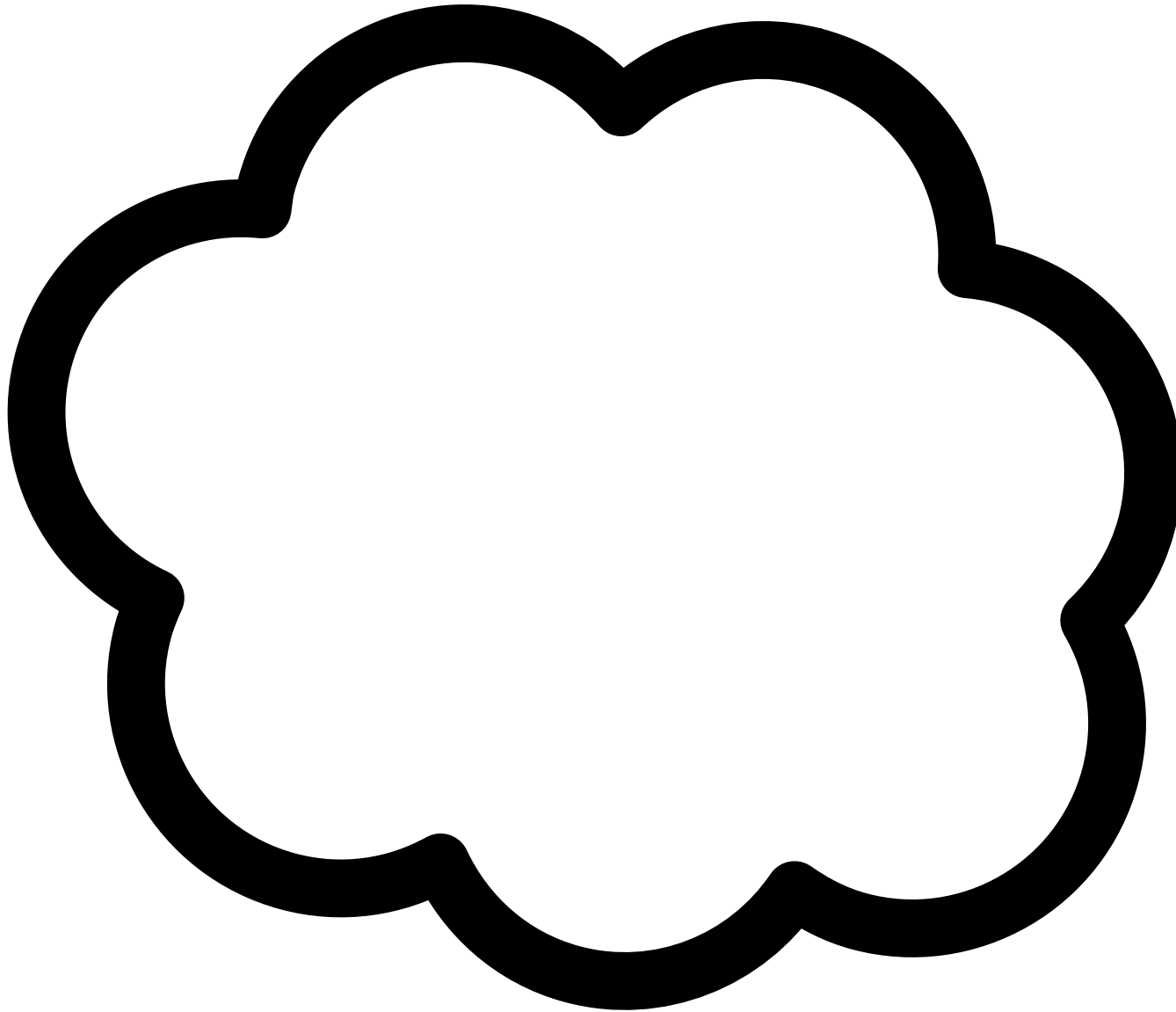
Write about what makes you happy. Draw a picture to match.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated ten times.



My Wish

What do you wish for the people you love?



Write a wish letter to someone that you love.

I wish you

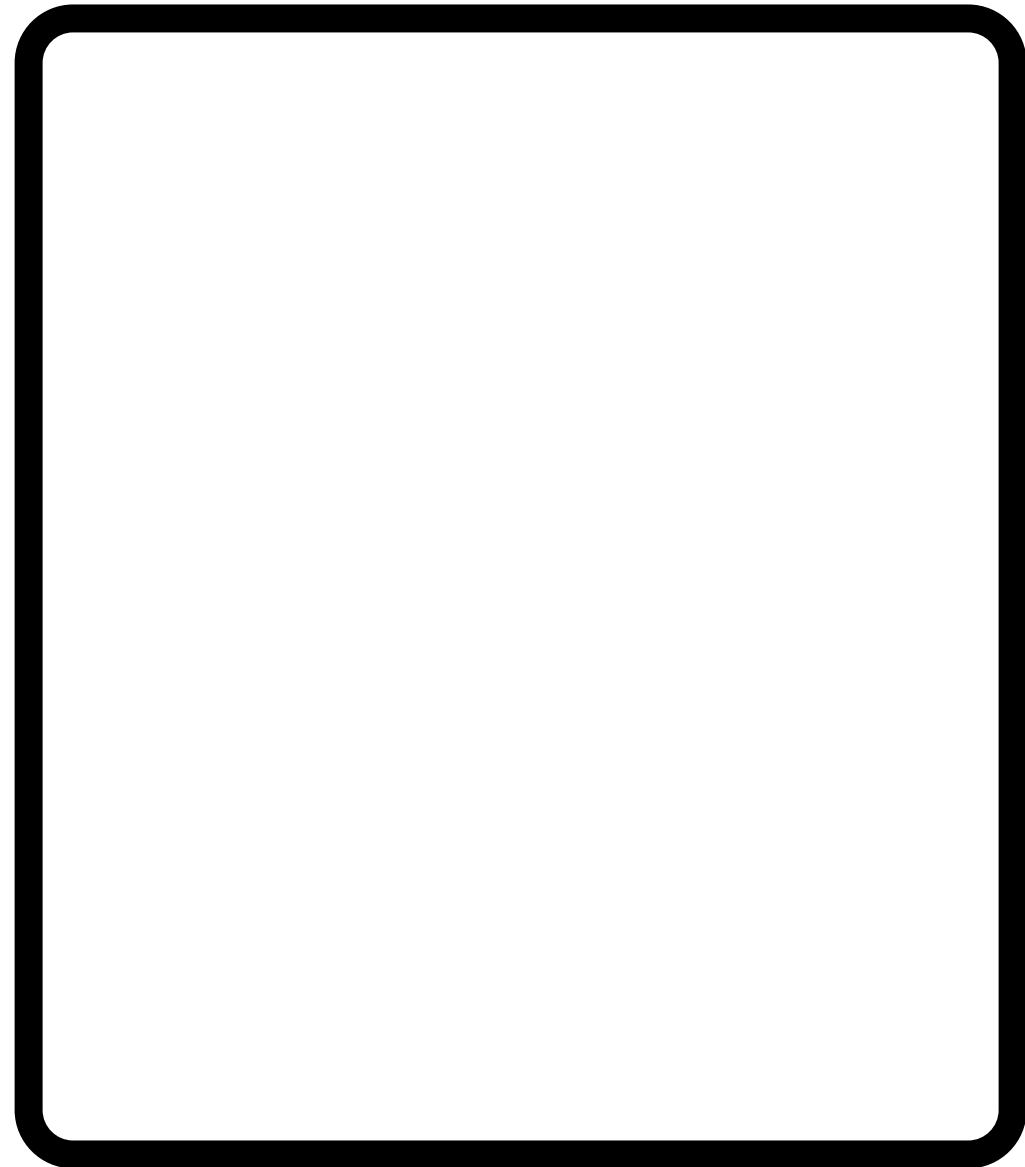
Blank handwriting practice lines consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

Critical Thinking Questions

Why do you think the astronaut is reaching for the moon in “I wish you dreams and aspirations, to spread your wings and reach for the stars”?

Draw a picture of an astronaut.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.

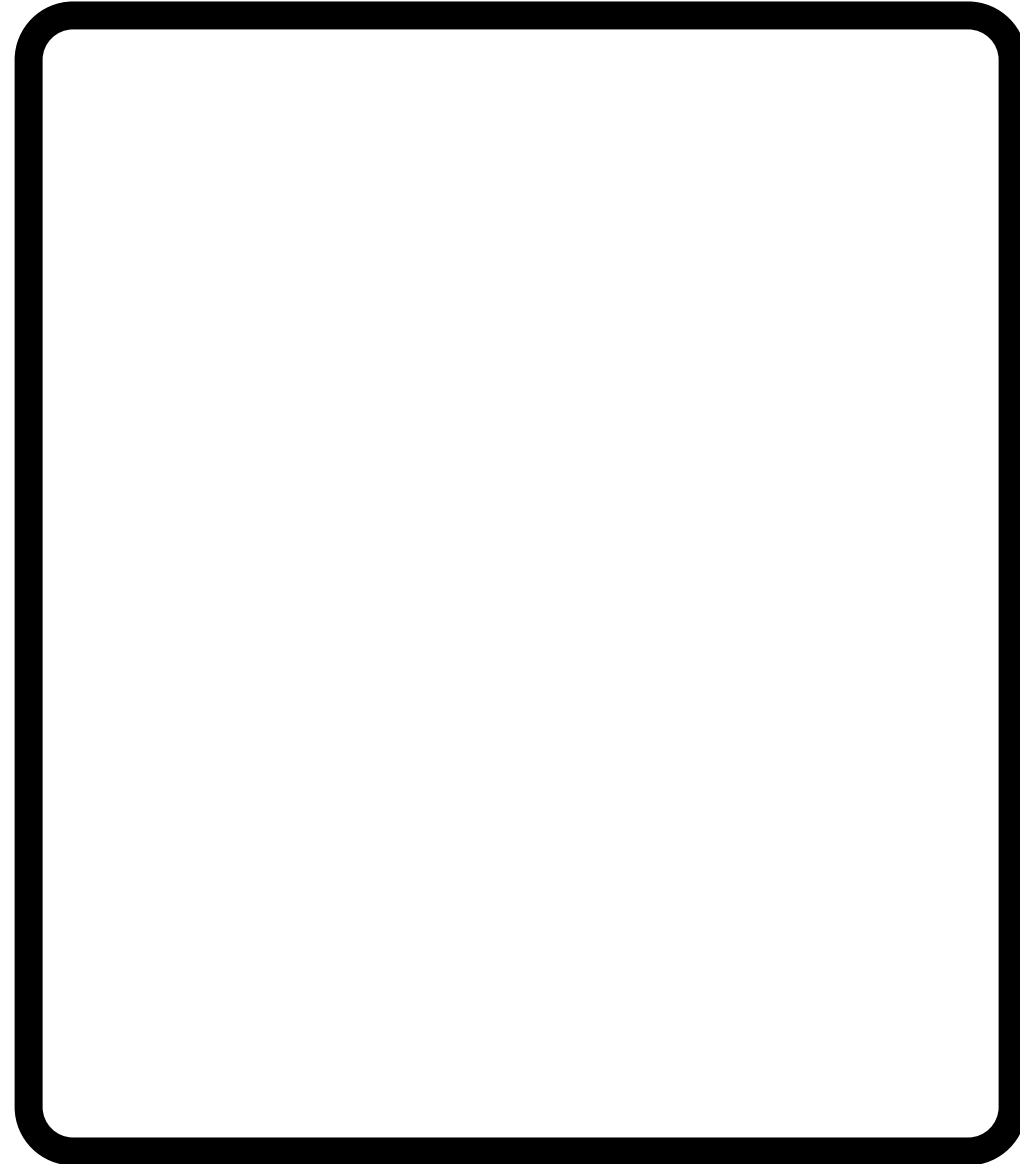


Critical Thinking Questions

Why do you think the girl is riding a bike in “I wish you courage and strength, for the magic begins at the end of your comfort zone”?

Draw a picture of yourself riding a bike.

Handwriting practice lines consisting of 10 sets of three horizontal lines (top solid, middle dashed, bottom solid).

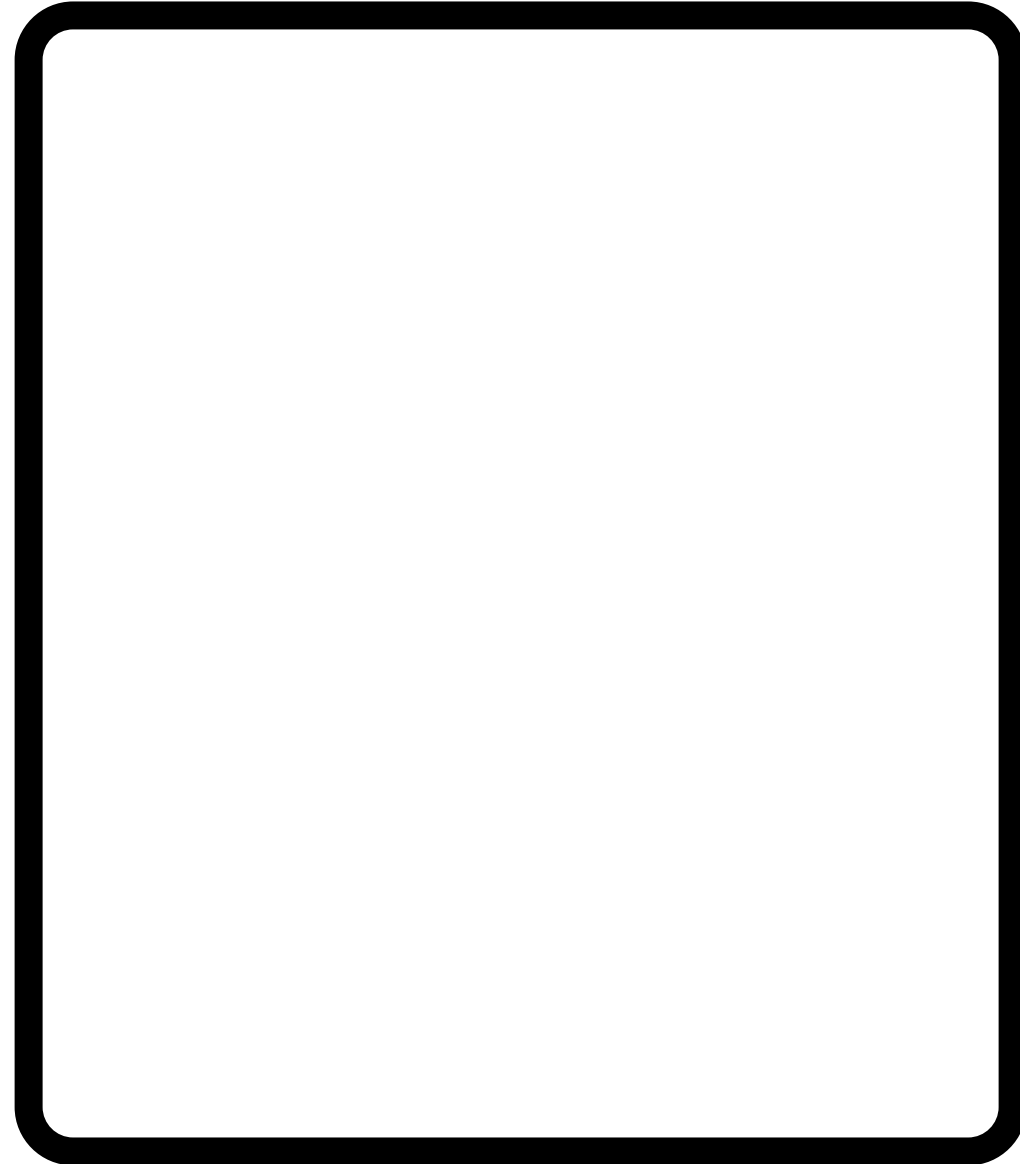


Critical Thinking Questions

Why do you think the boy is offering his ice cream in “I wish you kindness and generosity, for no act of kindness is ever wasted, no matter how small”?

Draw a picture of you and a friend eating an ice cream.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines stacked vertically.



LANGUAGE



dream



something you
want to come
true

aspiration



a strong wish to
do something
great

courage



a trait that allows
a person to do
something scary

strength



a trait of being
strong

imagination



the ability to make a
mental picture of
something not here

creativity

the ability to make
something from
original thought



adventure



an exciting
experience that
might be dangerous

curiosity



to want to know or
learn something

health



being well in your
mind, body, or spirit

well-being



your body being
happy and healthy

peace



the state of being
quiet; not bothered

tranquility



the state of being
calm or at peace

knowledge



information that a
person understands

wisdom

the knowledge and
experience to make
good choices



grit



a strong spirit and
courage when
something is hard

resilience

the ability to recover
from a challenge or
a big change



success



the result of having
something that you
worked hard for

prosperity

the state of being
successful or doing
very well



luck

the chance of a good
result is high, no
matter if you try



opportunity



a good chance to
do something you
want to do

faith



trust in something

hope



belief that
something will
happen or be true

family



a group of people
related to each
other

friendship



the state of
being friends

joy



the emotion of
great happiness

laughter



a vocal sound that
shows something is
funny

kindness



the trait of being
caring and helpful

generosity



the trait of being
ready to give

love



very strong
affection for
someone

affection



a feeling of
attachment or love

happiness



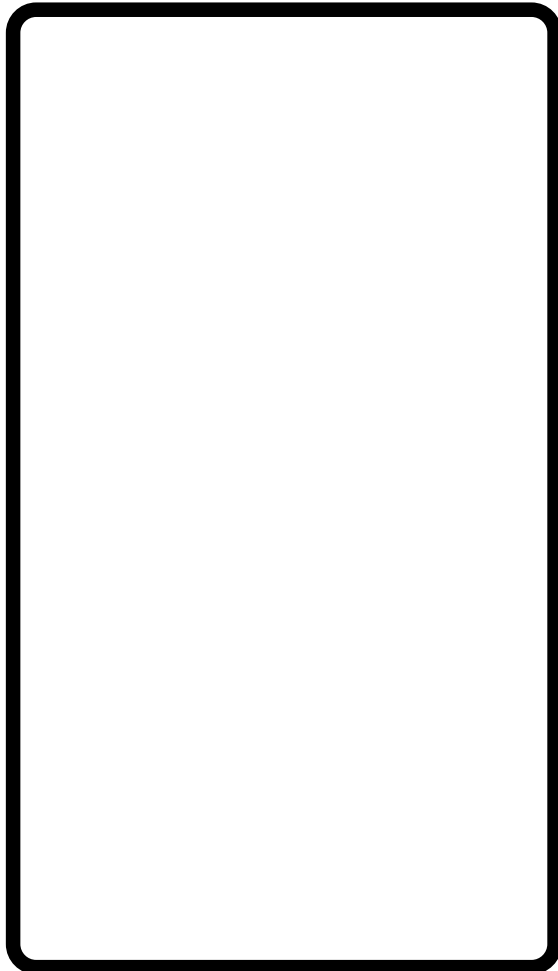
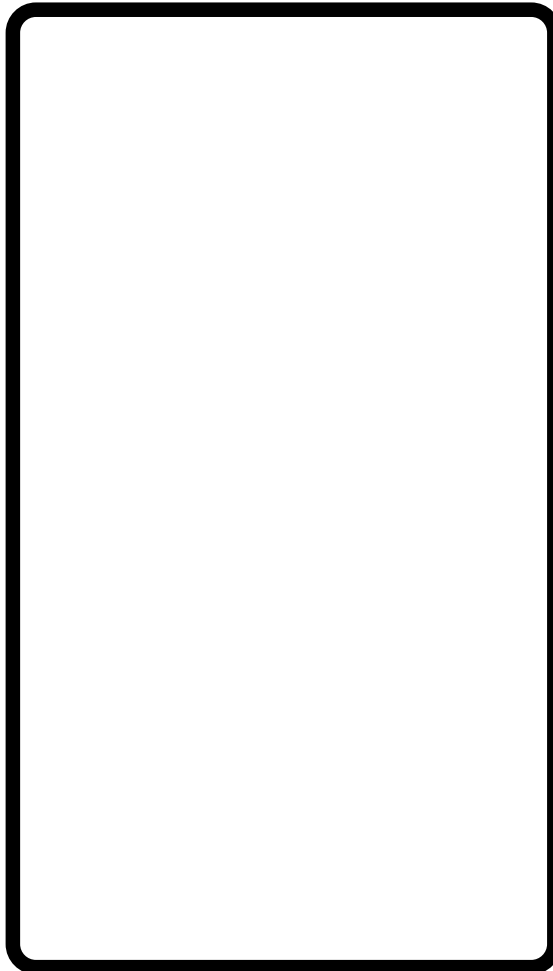
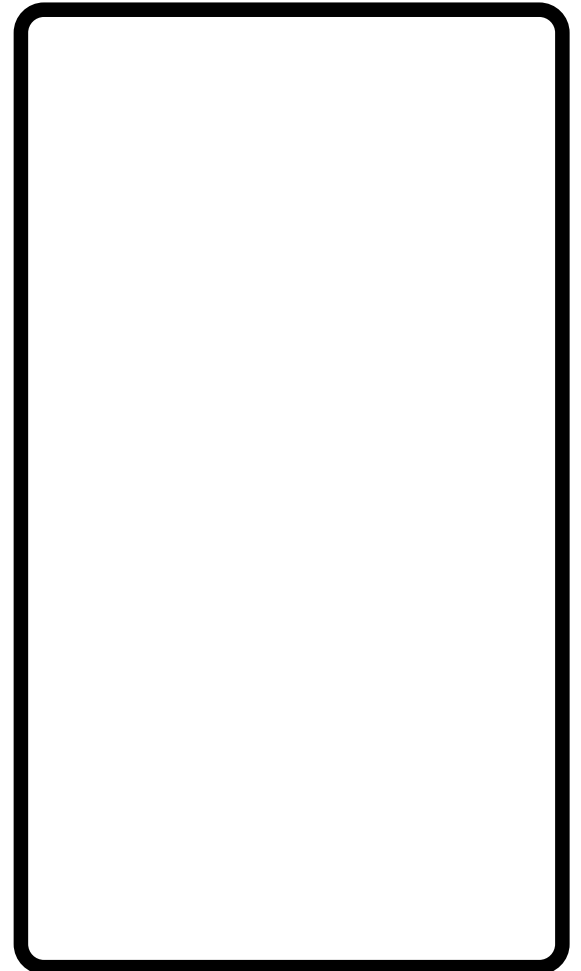
a feeling of
being happy

Vocabulary Sort

NOUNS

VERBS

ADJECTIVES

A large, empty rectangular box with a black border, intended for sorting nouns.A large, empty rectangular box with a black border, intended for sorting verbs.A large, empty rectangular box with a black border, intended for sorting adjectives.

reach

courage

imagination

gaze

creativity

paint

beautiful

believe

tranquility

wish

grit

masterpiece

listen

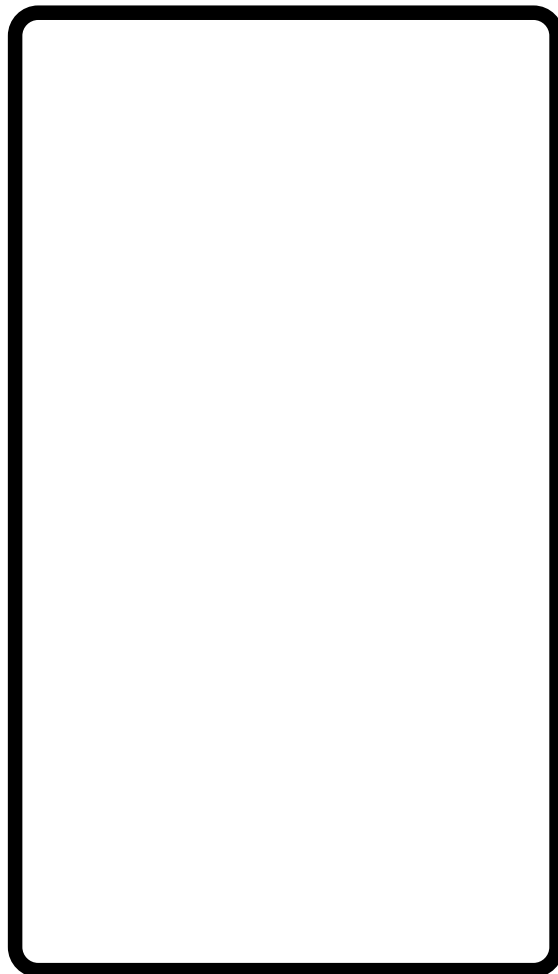
wonderful

kindness

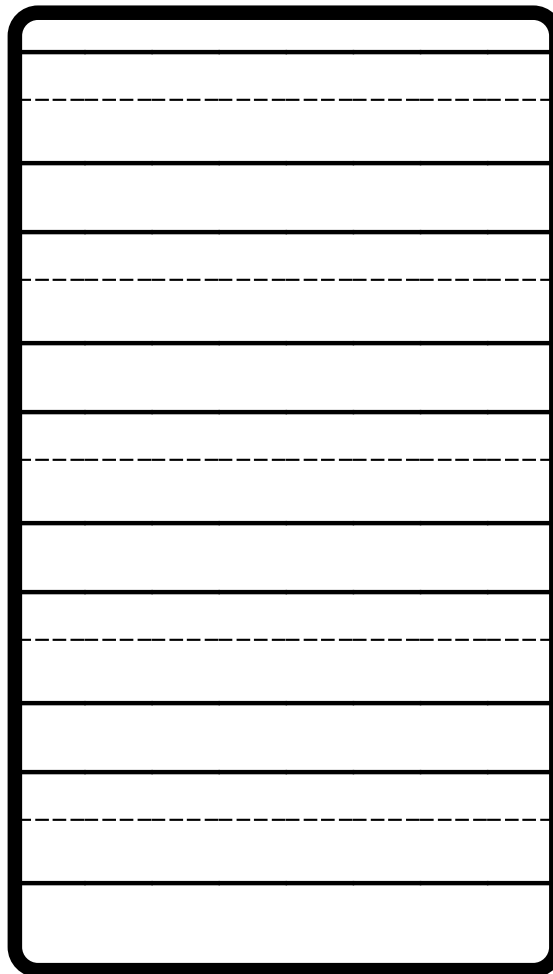
loud

Definition Hunt

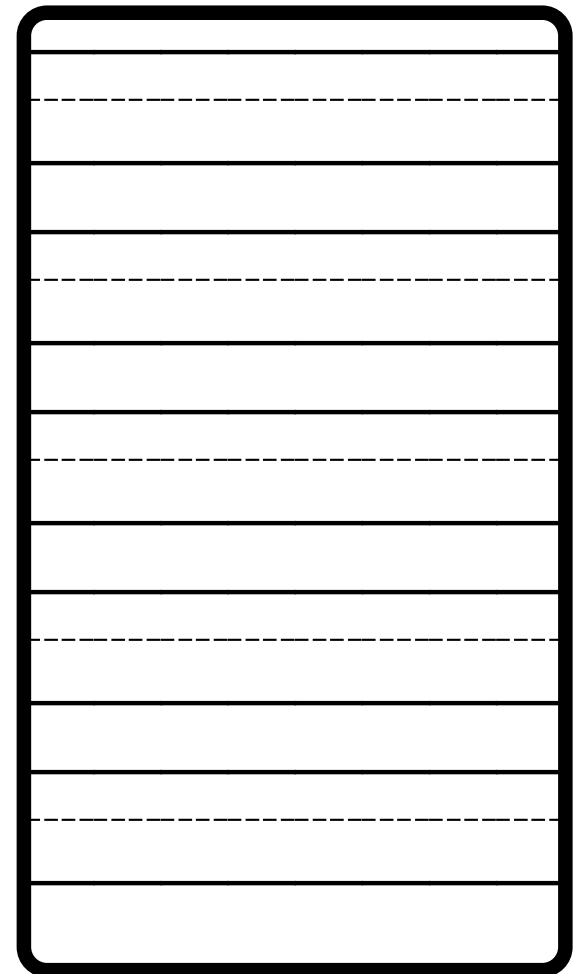
PICK A WORD



WHAT DO YOU
THINK IT MEANS?



FIND THE DEFINITION
IN THE DICTIONARY



Pick a word that you learned from the book.

Write it in a sentence.

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline, repeated ten times.

Draw it in a picture.

A large empty rectangular area with a thick black border, intended for drawing a picture of the chosen word.

Synonyms & Antonyms

READ THE
WORD

courage

grit

success

kindness

joy

WRITE A SYNONYM

WRITE AN ANTONYM

Practicing Adjectives

Use adjectives to describe each dog.







Practicing Verbs

Use verbs to describe the movement happening in each picture.







Practicing Nouns

Use nouns to write the person, place, or thing in each picture.







What Happened to the Grammar?

All of the grammar and punctuation was taken out of this page. Rewrite the sentence with the correct grammar and punctuation. Remember to use capital letters, periods, and commas.

i wish you joy
and laughter
to laugh long
and loud until
you gasp for
breath

Handwriting practice lines consisting of 10 sets of three horizontal lines (top solid, middle dashed, bottom solid).

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