

# Unicorn

## Resource Guide

Through bravery and embracing her true self, Unicorn learns how to let her light shine showing children the importance of staying true to themselves while being their most authentic selves.

### Key Themes

#### Authenticity

Being true to who you are and letting your own light shine

#### Emotional Safety

Feeling safe to experience and express all emotions

#### Self-Esteem

Feeling good about ourselves and being proud of what we can do

#### Bravery

Being strong and doing the right thing, even when something feels scary

#### Friendship

A close relationship with someone that you care about and who cares about you

### Discussion Questions

What things are authentic to you?

*I like to \_\_\_\_\_, my favorite activities are \_\_\_\_\_, I don't like \_\_\_\_\_.*

What is something you have done that showed bravery?

*I went to the doctor, met a new friend, climbed up the tall slide, etc.*

What do you think makes a good friend?

*Kindness, safety, trust, fun, playful, funny, loving, etc.*

### Activity

What are the things that make you special? Can you name them or draw a picture of them?

### Affirmation

**I let my light shine.**