

BIG DREAMS



PART 1

What's on your mind?

This part of the book explores the emotional states triangle of do - threat - soothe.

Explore further with these questions...

- What activities does Livvy like to do?
[do mode]
- What things make Livvy feel scared/fearful?
[threat mode]
- What things make Livvy feel calm?
[soothe mode]



PART 2

I'm Stuck

This part of the book explores the fixed mindset.

Livvy is stuck in negative thoughts and can't find a way to stop them.

Explore further with these questions...

- Why does Livvy stop creating masterpieces?
[negative thoughts of not good enough]**
- How does she feel?
[glum, sad, worried, frustrated]**
- What does she do to help herself?
[looks for Hendrix to share her worries]**



PART 3

Turn Your Thoughts Upside Down

This part of the book explores growth mindset.

Livvy shares her big worries with Hendrix and has some help and guidance on how to find her way back to soothe.

Explore further with these questions...

- **What gave her hope?
[music from Hendrix coming to help her]**
- **What advice did Hendrix give her?
[turn your thoughts upside down,
see them another way]**
- **What made Livvy feel scared?
[butterfly appears from her
dream and she slips into
fixed mindset]**



PART 4

The Masterpiece

This part of the book explores the transformation when we use growth mindset.

Livvy practices her new found skills to help her to challenge her thoughts and creates her own **BIG DREAMS** masterpiece.

Explore further with these questions...

- What does the butterfly do to help Livvy?
(listens to her worries, soothes her with a song)
- What is the message in the song?
(paint away the scare, hug away the fear, hope from the Moon's Light)
- How does Livvy feel at the end?
(confidence in herself, remembers happy memories, hopeful for the future, happy painting and singing creating her big dream)

