

## Discussion Guide for Families



### **BIG**

*Author:* Vashti Harrison

*Illustrator:* Vashti Harrison

**Themes:** Emotions and Feelings

**Book Brief:** This heartfelt story explores themes of fitting in, standing out, and embracing self-love. With beautiful illustrations and powerful words, it shows how being big in a world that values small can feel both isolating and empowering.

### **READ ALOUD**

---

#### **Before Reading: Build Background**

- Ask your child, "What do you think it means to be 'big'?"

#### **While Reading: Make Connection**

- What happens to the girl on the swing? How does she feel afterward? Use clues from the pictures and words to explain your thinking.
- How does the girl feel about being the mountain in the dance performance? What details from the pictures and text show this?
- How does the girl deal with the hurtful words she hears? How do others react to her actions?

#### **After Reading: Ask Questions**

- How does the girl feel by the end of the story? What clues from the pictures and text support your answer?

### **RELATED ACTIVITIES**

---

#### **If your child enjoyed this book, consider:**

- Encourage them to talk about it during other conversations.
- Let them explore more about the topic by reading other books with similar themes, structure, or content. For example: [Listening With My Heart: A Story of Kindness and Self-Compassion](#)