

Zander the Zebra

Sees the Northern Lights

Parent Discussion Kit
Ages 3–8

Explore • Imagine • Discover



Ages 3-4

AGES 3–4 (Early Explorers)

Focus: Feelings, curiosity, simple bravery, imagination

Time: 5–10 minutes

Before You Read

- “What do you think Zander will see on his adventure?”
- “Have you ever seen something new and exciting?”

During the Story

Pause and ask:

- “How do you think Zander feels right now?”
- “What do you see in the sky?”
- “Would you want to go on an adventure like Zander?”

After You Read

Talk About Feelings

- “Was Zander excited or a little nervous?”
- “Have you ever felt that way?”

Parent Tip:

At this age, normalize BOTH:

“It’s okay to feel a little unsure—and still try something new.”

Build Curiosity

- “What would *YOU* want to explore?”
- “What questions would you ask if you were there?”

Practice Being Brave (Simple)

- “What’s something new you could try this week?”
 - Try a new food
 - Say hi to someone new
 - Explore outside

Simple Activity

“My Adventure Drawing”

- Draw where you would go if you left on an adventure like Zander
- Ask: “What would you see? Who would you meet?”

Key Takeaway for Parents

Keep it light, warm, and playful:

- No right or wrong answers
- Encourage imagination over logic
- Celebrate trying, not perfection

Zander the Zebra

MY ADVENTURE DRAWING

Draw where you would go if you left on an adventurer like Zander!

What would you **see**? Who would you **meet**? What would you **discover**?

BE CURIOUS

BE KIND

BE BRAVE

THINK LIKE ZANDER:

The world is full
of amazing places,
people, and
possibilities.
What will your
adventure look like?

★ WHAT WOULD YOU SEE?



List or draw the amazing
things you might discover.

WHO WOULD YOU MEET?



Who might you meet on your
journey? What would they
be like?

WHAT WOULD YOU DISCOVER?



What new things might you
learn or uncover?

★ **ZANDER SAYS:** "The world is a big, amazing place—go explore it!"



Ages 5-6

AGES 5-6 (Curious Explorers)

Focus: Curiosity, courage, kindness, simple reflection

Time: 10–15 minutes

Before You Read

- “What does it mean to go on an adventure?”
- “Do you think adventures can be both exciting AND a little scary?”

During the Story

Pause and ask:

- “Why do you think Zander keeps going?”
- “What would you do if you were Zander?”

After You Read

Curiosity Conversation

- “What do you think the Northern Lights are?”
- “What would you want to learn more about after this story?”

Encourage: “It’s okay to not know—being curious is how we learn.”

Courage Conversation

- “Did Zander feel nervous at any point?”
- “What helped him keep going?”

Reframe courage: “Courage means trying even when you’re unsure.”

Kindness Connection

- “How did Zander interact with others?”
- “What would kindness look like on an adventure?”

Real-Life Connection

Ask:

- “What’s one small adventure you could take this week?”

Examples:

- Try a new activity
- Ask a question in class
- Explore somewhere new

Activity

“Adventure Plan”

Have your child complete:

- I want to explore: _____
- I feel: _____
- I will try by: _____

Parent Coaching Tip

Let your child lead:

- Avoid correcting answers
- Ask follow-up questions instead
- Reinforce effort (“I love how you thought about that!”)

Zander the Zebra



★ MY ★ ★ ★ ADVENTURE PLAN

Every great adventure starts with curiosity!

Think like Zander... What will **YOU** explore?

I WANT TO EXPLORE:



I FEEL: (Circle or write your feeling!)



Excited



A little nervous



Curious



Brave

Or write your own:



I WILL TRY BY:



Remember:

You can feel unsure and still try something new.

That's what makes you **BRAVE!** ★

★ **BONUS DRAWING SPACE!**

Draw your adventure below!



ZANDER SAYS: "The world is a big, amazing place—go explore it!"



Ages 7-8

AGES 7-8 (Brave Explorers)

Focus: Deeper thinking, independence, courage, perspective

Time: 15-25 minutes

Before You Read

- Why do you think people are drawn to explore the world?"
- "Do you think adventure always means traveling far?"

During the Story

Pause and ask:

- "What motivates Zander to keep going?"
- "What challenges might he face?"

After You Read

Big Idea: Curiosity

- "Why is curiosity important?"
- "What happens if we stop being curious?"

Big Idea: Courage

- "What does being brave actually mean?"
- "Can you be brave and still feel scared?"

Anchor idea:

"Bravery isn't the absence of fear—it's choosing to move forward."

Decision-Making (Reframed Positively)

Instead of: "Was leaving the zoo a good decision?"

Ask:

- "What do you think Zander learned from exploring?"
- "How did his adventure help him grow?"

Empathy & Perspective

- "How might others feel meeting Zander?"
- "Why is it important to be kind when exploring new places?"

Real-World Connection

- "What's something in the world you're curious about?"
- "How could you start exploring it?"

Examples:

- Research animals
- Learn about another country
- Try a new hobby

Activity

"Zander Reflection Journal"

Write or draw:

- Something I'm curious about: _____
- Something new I want to try: _____
- One way I can be brave this week: _____

Parent Coaching Tip

At this age:

- Let them form opinions
- Ask “why” and “how” questions
- Encourage exploration without shutting ideas down

Zander the Zebra



ZANDER REFLECTION JOURNAL

ZANDER SAYS:
"Curiosity
leads to
adventure.
Bravery makes
it unforgettable."



Big adventures help us learn, grow, and discover who we are.

Take time to reflect—just like Zander!



SOMETHING I'M CURIOUS ABOUT:

What's something you wonder about? It could be about the world, animals, people, space, or even yourself!





SOMETHING NEW I WANT TO TRY:

Is there something new you've been thinking about doing?
Big or small—new things help us grow!





ONE WAY I CAN BE BRAVE THIS WEEK:

Bravery doesn't mean you're not scared—it means you try anyway. What's one brave thing you can do this week?



BE CURIOUS

BE KIND

BE BRAVE



REMEMBER: Every adventure starts with a question, a choice, and the courage to take the first step. Keep exploring, keep growing!



ZANDER SAYS: "The world is a big, amazing place—go explore it!"

