

As their biggest fan, you can prepare your little learner for major goals.
The activities in this supplement are designed to motivate your dreamer as they start on their personal path toward achievement and expertise.

PART I: DISCOVERY

COMPLETE THESE EXERCISES *BEFORE* READING THE SERIES.

TO BEGIN, YOU MUST START.

Little learners are already very familiar with first-time experiences. Every day of their young lives, they are sure to face at least one new experience, word, observation, or obstacle. They are **beginners at almost everything!**

This reality can be **overwhelming**. So, it is important for them to know that the people they admire most started as beginners. By powering through discomfort to **cultivate their talents**, beginners can become knowledgeable experts.

Your beginner has vivid and recent insight regarding a myriad of “very first” experiences. The exercises in this section will help you assess their approach to managing the emotional impact of these moments and provide an opportunity for you to introduce additional methods.

PART II: REVIEW

COMPLETE THESE EXERCISES *AFTER* READING THE SERIES.

PREPARE TO STAY THE COURSE.

Preparation can minimize the **nervousness** that might surface as a beginner embarks on a new experience or learns a new skill. As their supporter, preparing a beginner can be as simple as **communicating relevant rules and requirements**, equipping them with tangible and intangible tools, and providing consistent support and encouragement.

Beginners rely on information from supporters with experience. The goal should be to **equip them with the confidence they need to become determined and self-motivated life-long learners**. With adequate preparation, they will achieve their goals and build confidence. They will **learn through experience** that becoming an expert requires **planning, initiative, and dedication**. The exercises in this section require **reflection and projection** that will prove beneficial to future achievers!

Were the activities in this supplement helpful?

Bittyrina would love to hear your feedback! Please contact us by e-mail or on social media.



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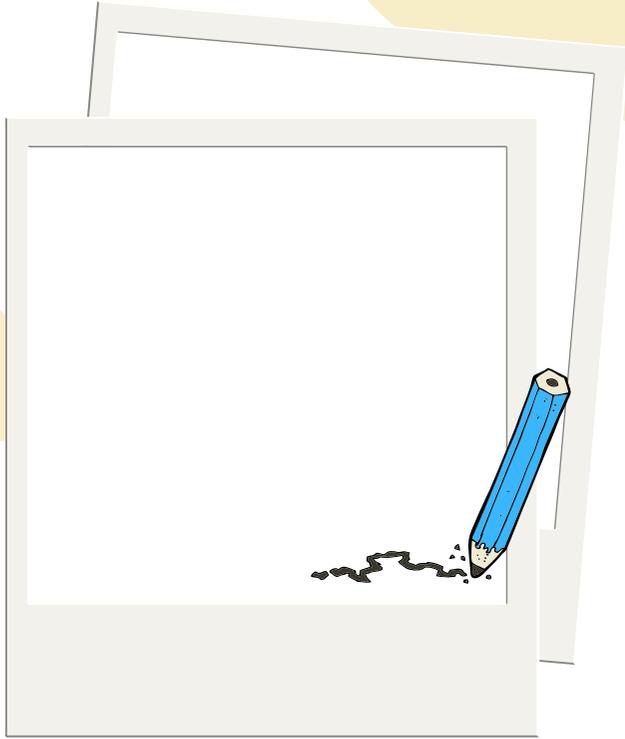


PART I: DISCOVERY

There's a **very first time** for EVERYTHING.

BEGINNER

A *beginner* is a person who is starting to do something or learn something for the first time. Draw a picture of GiGi as a beginner.



KNOWLEDGE
TRAINING
EXPERIENCE

Every expert was first a beginner.

EXPERT

An *expert* is someone who knows a lot about a particular thing, because they have training and experience. Do you know any experts? Name them below.



1.

2.

3.

T A L E N T S

A *talent* is a natural ability that allows someone to do something well.

What talents do you have?

1.

2.

3.

4.

5.

SKILLS

A *skill* is a learned ability. You develop skills by gaining knowledge and using it to do special things. Name a skill that someone else taught you?

Even experts learn new things. What is something that you can do well, but you would like to do it better? How do you plan to get better at it?

PART I: DISCOVERY

Feelings and emotions are **natural**. Beginners and experts feel emotions.

There are many different feelings and emotions.
How do you think the people are feeling in each picture?

1.



2.



3.



4.



5.



6.



You can learn more about feelings and emotions by talking to others about them.
Talk about a time when you felt . . .

1. **Excited**

2. **Scared**

3. **Sad**

Minding how you feel is an important skill.

In *The Very First Book Series*, GiGi is a young girl embarking on her first of many dance experiences. How does trying something new make you feel? Draw a picture to describe the feeling.

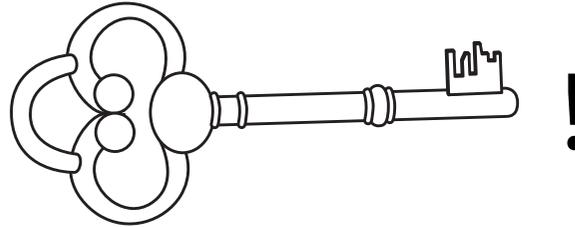


PART II: REVIEW

Preparation is the **action or process** of making ready or being made ready.

Preparation is the key to unlocking your potential. Your *potential* is your ability to achieve something in the future. Color the key.

Preparation is



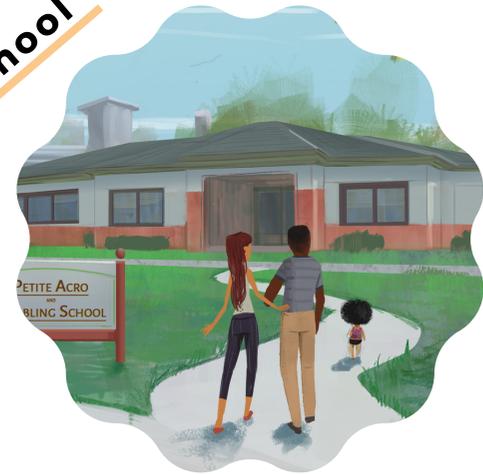
To prepare is to **get ready** for something.

In *The Very First Dance Party for a Bittyrina*, how did GiGi prepare for her dance party?
Draw a picture of GiGi preparing.

Bedtime



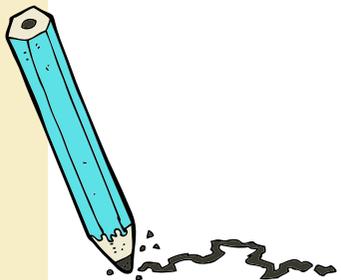
School



Recital



Party



PART II: REVIEW

Let's prepare to **MAKE IT HAPPEN!**

"Major goals may make me a little nervous. It's normal to be a bit scared, but I can overcome these feelings if I am prepared."
A goal is something you are trying to do or achieve. What goal do you have and how can you prepare for it?



"Whether I choose to dance, write, or sing, I have supporters and encouragers even before I've learned a thing."
Who are your supporters?

"When a goal seems huge, and I feel too small, I'll find comfort in what I already know. Then, I'll endeavor to learn it all." To endeavor is to try hard. What do you already know? What will you endeavor to learn?



"I'll share my knowledge with my friends, because we all know different things. Maybe, I'll learn more about a certain topic. It will be my specialty." What knowledge can you share?



"With a plan, determination, and the right team, an exceptional feat will be my attainable dream!"
What's your dream? How will you achieve it?
