



# ***Tristina the Troublemaker***

## **A Magnificent Me Story**

### **Discussion Guide for Educators**

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## **Series Tagline**

*Perfectly you. Still growing, too.*

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## **Before Reading**

- Look at the cover. What do you think Tristina might be like?
  - What does the word “*troublemaker*” mean? Does it always mean someone is being bad?
  - What kind of trouble do you think Tristina might get into at school?
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## **During Reading**

- What are some things Tristina does that others might call “trouble”?
  - Do you think Tristina is trying to get in trouble? Why or why not?
  - What clues show us how Tristina is feeling inside?
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## **After Reading**



### **Understanding Perspective**

- What changed when we started seeing the world through Tristina’s eyes?
- Did your feelings about Tristina change? How?



### **Building Empathy**

- Have you ever had a time when your body or feelings felt hard to control?
- How can we help a friend who is having a hard moment like Tristina?

## Self-Reflection

- What makes *you* unique or different?
  - What is something that's sometimes hard for you—but also special?
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## For Grown-Ups (Educators & Caregivers)

- Every child's brain and body work differently.
  - Behavior is communication—what might Tristina be expressing?
  - Focus on support and understanding, not just correction.
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## Extension Activities

### 1. Magnificent Me Self-Portrait

Draw yourself and include:

- Something you love about yourself
- Something that can be hard for you
- One way you shine

### 2. Wiggle & Freeze Game

Wiggle, dance, and move—then freeze!

Talk about how hard it can be to stop our bodies.

### 3. Perspective Flip

Draw or discuss:

- What others see
  - What Tristina feels
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## Closing Thought

Sometimes we feel wiggly, wild, or “too much.”

But those same things can also be part of what makes us *magnificent*.