

# Yes! No. Maybe?

## REFLECTION QUESTIONS FOR CHILDREN

### Sparking Conversations Between Children and Caring Adults

Use this companion guide to encourage early dialogue about big questions and big feelings. There are so many fun ways to play with each section but I chose 5 questions as a starting point for each. More will come naturally as you read!

**YES:** Questions about openness, joy, connection, creation, and the divine light in all things.

1. What question do you think God/Source/The Divine asked?

After you play with that question and read the answer, you can ask: What do you think that big light is? And what about that little light...who is that?

2. What was created from the things that answered "Yes!" to God's question?
3. What does it feel like when you are having a Yes kind of day...full of Light?
4. What are ways you can share your Light with other people? Maybe when they are sad, or lonely?
5. Encourage the child to guess the next word: "And so very happy you answered with...\_\_\_\_\_!"

**NO:** Children often hear and absorb messages — even their own self-talk — that can make them feel "less than." When you read these pages together, invite your child to see NO as a kind of shield — a way to stay safe, strong, and protect their Light.

1. What do you think the little one is feeling in the picture? What do you think the child's meanie-mind might be saying?
2. Sometimes we believe things about ourselves that aren't true. What's something mean you've heard, from others or from your own thoughts, that might not be true?
3. No doesn't have to be mean, does it? How does saying NO help you take care of yourself?
4. Who can you talk to about your feelings when you feel like you don't have a Light?
5. Encourage the child to guess the upcoming word: "Because you said Yes to me and I said \_\_\_\_ to you!" What word would you choose? (And how does it make you feel to imagine that?)

**MAYBE:** Questions that invite curiosity, exploration, and trust in self.

1. Look at that big light reaching out to the little one...is it touching the little one? Do you think the small light feels connected to the big light? (No.) Hmmm, I wonder how it can start to feel connected again? Do you know?
2. Is it connected now? What do you think can help the little light feel connected to God's light? *(If they don't know)* Let's see...Do you think they filled in the blank with something that made them happy, or something they created, or something they were interested in? Maybe something like what?
3. What kind of things make you happy when you do them? What do you play, do, create, make, think that makes you feel full of joy?
4. Have you ever been unsure, tried something anyway, and felt proud — even if it didn't turn out perfect? Tell me about that.
5. Encourage the child to guess the upcoming word..."When you trust that your Maybes will lead to your \_\_\_\_\_!"

## ALL TOGETHER NOW !

1. What are your favorite pictures in the book?
2. How can YES, NO, and MAYBE help you feel safe and strong?
3. If someone you love forgot they had Light inside, what would you say to help them remember?
4. What does it feel like when you feel full of God's Light? What about a NO day? And how does MAYBE feel in your body?
5. What kind of day did you have today? A YES, NO, or MAYBE day? What made it that way?

Thank you for choosing **YES! No. Maybe?** for the children in your life. My wish for you all is that you:

Remember your YES. Reset negative self-talk with NO.  
And let your MAYBES Return you home!