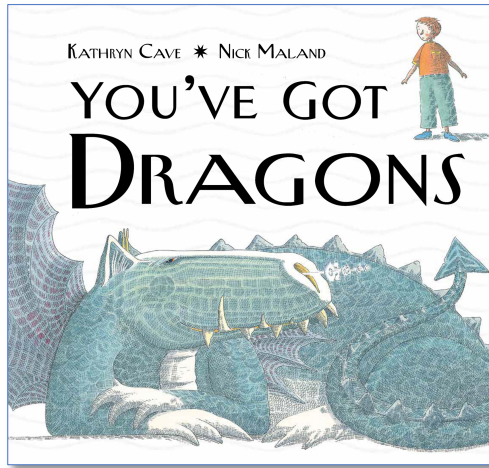


PEACHTREE  
**DISCUSSION GUIDE**

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## You've Got Dragons

Written by Kathryn Cave  
Illustrated by Nick Maland

### ABOUT THE BOOK

*You've Got Dragons* is an empowering picture book and fictional “how to” guide for working through fears, challenges, or trauma. Ben takes on his “dragons” in this brave journey while sharing his trials and tribulations, focusing on what is helpful along the way. It includes an advice column from Ben, his tips and tricks to help readers through the toughest times, and even a mantra to remind you that You've Got This!

Ideal for SEL lessons, a classroom read-aloud, one-on-one reading, or a solo reading experience.

### DISCUSSION QUESTIONS

1. The title of the book is “*You've Got Dragons.*” What do you think that means?
2. Ben says that everyone has dragons. Do you think that's true? Has anyone ever told you about theirs? Give some examples.
3. Ben described some things that can happen when you notice a dragon including, “your heart thuds and your knees wobble.” Think about a time you had dragons—what did it feel like? What kinds of things did you notice about your own body? What do you think other people noticed?
4. Ben talked about several things that were not helpful and did not make the dragons go away. What were some of the things he said did NOT help?

5. Have you ever tried to tell someone about your dragon(s)? How did they respond? What do you wish they would have said or done to be helpful?
6. What kinds of things are helpful to you when you are facing dragons? Hugs? Something else?
7. Can you think of something you did to help someone else with their dragons?
8. Which of Ben's tips have you tried? Which tip would you like to try next?
9. What do you think the phrase, “no dragon is more powerful than you,” means?
10. What special skills do you have that can help with dragons? How do you think you could use them to help other people too?

### CONCLUDING ACTIVITIES

- Draw a picture or write a description of a dragon you heard about in the book (or one that comes to mind). What does it look like? When does it come around?
- Draw a picture or write down all of the things Ben shared that can be helpful when facing dragons. Include what you could do as well as what you could ask others to do.
- Write a letter to Ben's Advice Column about the dragon. What do you think he would suggest?

**REMEMBER...**

We all have dragons even though we didn't do anything to deserve them. You WILL get through tough times by using tips, strategies, and help from the people in your life. "No dragon is more powerful than you!"

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**About Discussion Guide Creator**

**Nicole Wilbur**, MSW, LMSW Clinical and Macro, SSW, is co-owner of the Self Esteem Shop in Casco, Michigan, an independent bookstore supporting mental health professionals and those they serve. Nicole is also a school social worker and a social worker/discharge planner. Wilbur was named the Region M School Social Worker of the Year by the Michigan Association of School Social Workers (MASSW) in March 2017.

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**REVIEWS**

"A wonderfully written story of empowerment to share with any child whether they have experienced loss, trauma or are just struggling with fears or worries of any kind. *You've Got Dragons* encourages the reader to acknowledge their feelings and offers validation—something that is so important for us all but can easily be overlooked. This book is truly a staple for any personal or professional library."

—**Nicole Wilbur, MSW, LMSW, Co-Owner of the Self Esteem Shop, Medical and School Social Worker**

"[An] excellent metaphor for the fears and worries of every child (and adult)...A great choice for the walking worried." —**Booklist**

"Toothy but disarmingly tubby dragons stand in for childhood worries in this light-toned bit of therapy." —**Kirkus Reviews**

"Full of acknowledgement, simple and effective advice, and peppered with humor, this outstanding book addresses how our fears and worries can sometimes overwhelm and consume us while providing assurance that someday those dragons will go away." —**"Books to Borrow, Books to Buy"**

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