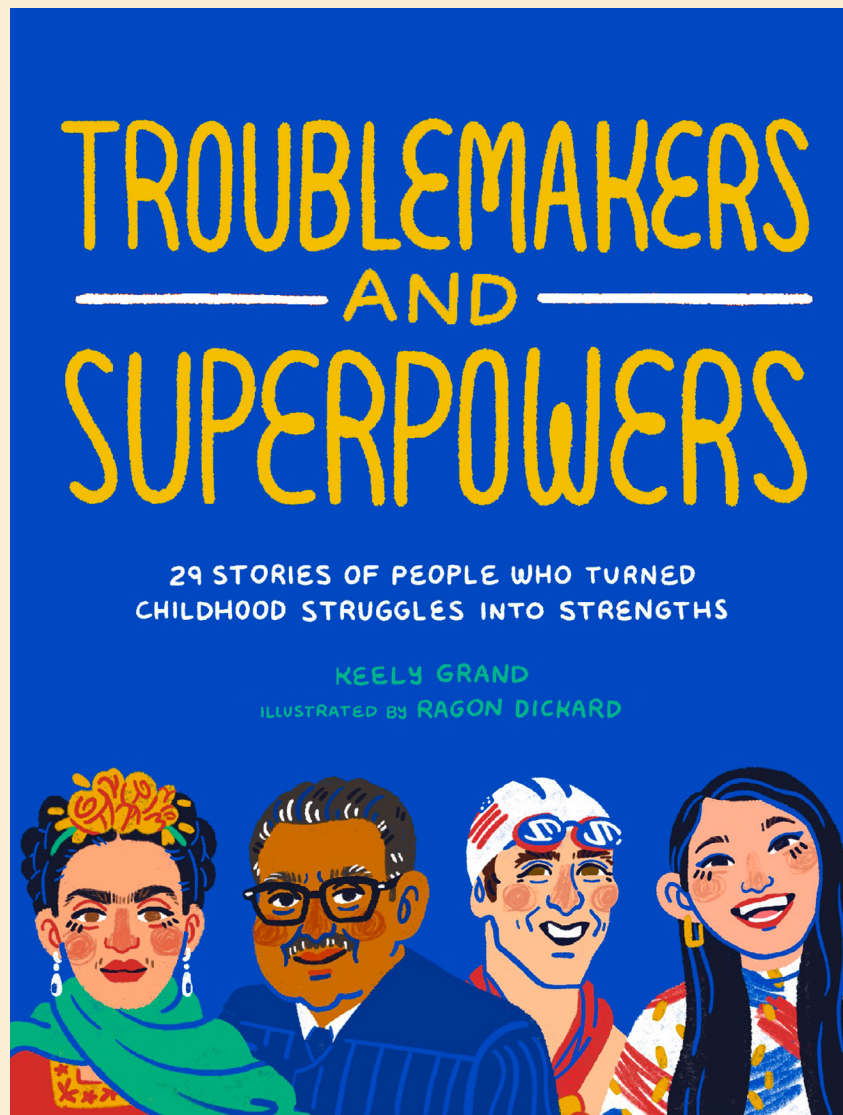


# EDUCATOR'S GUIDE



## TROUBLEMAKERS AND SUPERPOWERS

29 Stories of People Who Turned  
Childhood Struggles into Strengths

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little bigfoot

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By exploring these activities, students from ages 8 to 12 can learn about challenges, empathy, perseverance, creativity, and the human spirit in a way that's tailored to their developmental stage. These hands-on projects can serve as an inspirational learning platform to teach children that obstacles in life can indeed be overcome.

The activities are segmented by age and can be used as is or as a jumping off point for educators to run with them and make them their own. In addition, these materials can be incorporated into community-based projects, common book reads, and so on.

## AGES 8-9

### STORYTELLING TIME

- **Activity:** Read aloud the story about a famous person in the book, like Emma Stone. You may need to explain what their troublemaker is. For example, Emma Stone lives with anxiety.
- **What Kids Do:** Listen and draw a picture of what they learned.
- **Goal:** Understand that challenges can become superpowers with guidance, support, and perseverance.

### WHAT IS YOUR SUPERPOWER?

- **Activity:** Have students identify their superpower. The superpower does not necessarily need to be one that this book highlights.
- **What Kids Do:** Build something or create a collage that expresses how they see their superpower out of readily available classroom materials, such as construction paper and paste.
- **Goal:** Learn how creativity and persistence can lead to success.

## AGES 9-10

### TIMELINE OF SUCCESS

- **Activity:** Pick or assign one or more people from the book who can either be a historical or contemporary figure.
- **What Kids Do:** Create a timeline of their life, focusing on their successes and challenges.
- **Goal:** Understand that nothing is truly a failure if we learn something positive from it, and that success is only possible when one is willing to fail.

### ACT IT OUT

- **Activity:** Pick, or assign one of the people from the book that the child, or children most identify with.
- **What Kids Do:** Act out a scene, focusing on expression and understanding emotions.
- **Goal:** Develop empathy and an understanding of emotions.

## AGES 10-11

### IN THEIR SHOES

- **Activity:** pick, or assign one or more of the people from the book that the child, or children least identify with.
- **What Kids Do:** Have them role-play one or more of the people in the book in a situation that that got them into trouble.
- **Goal:** Appreciate how we may think we are different; we are really the same.

### THE WORKSHOP

- **Activity:** Pick or assign three people from the book with different things that got them into trouble and learn more about them than what the book provides. This may require you to do some prework to determine who has the most readily available and accessible information for the students to use.
- **What Kids Do:** Brainstorm how they could overcome their troublemaker and make it a superpower.
- **Goal:** Spark curiosity and gain a greater appreciation for the differences we all have that make us all unique and special.

## AGES 11-12

### BIOGRAPHY PROJECT

- **Activity:** Dive deeper into one of the people in the book.
- **What Kids Do:** Write a short biography, expanding on what was presented in the book.
- **Goal:** Develop their research and writing skills by looking deeper into their lives, and gaining a greater appreciation, or acknowledgment of how our personal troublemakers can be turned into superpowers.

### HERO'S JOURNEY

- **Activity:** This could be an extension of the biography exercise, where the students analyze the life of one of the subjects.
- **What Kids Do:** Create a storyboard or comic strip depicting their journey.
- **Goal:** Learn about coping strategies and resilience.