



## The Little Grail Queen and The Island of Light

### Activity

1. Light & Shadow Circle
2. What Makes the Island Glow?
3. Small Acts of Courage
4. When Light Feels Dim
5. Helping the Island Shine
6. Draw the Island Before & After
7. One Light Promise

### What to Do

1. Sit quietly and imagine a warm light inside your chest.
2. Talk about what makes the Island of Light bright.
3. Share one small brave choice you've made.
4. Discuss a time when something felt hard or dim.
5. Think of one kind action that brings harmony back.
6. Draw the Island before and after harmony is restored.
7. Finish the sentence: "I can shine my light by..."

### Guiding Questions

1. What made the Island of Light glow?
2. What caused the light to change?
3. How did Vivienne help restore harmony?
4. What does "inner light" mean to you?
5. How does it feel when someone believes in you?
6. What small choice made a big difference?
7. What is one promise you can make this week?

### Lesson

1. Everyone carries inner light.
2. Harmony grows through kindness.
3. Courage can be quiet.
4. Small actions matter.
5. Light returns when we care for one another.
6. Belonging helps us shine.
7. We can choose to bring light.