

STORYBOOK GUIDE

How old do you think Little Lou is? Is she a big girl or is she a little girl?

So if Little Lou was a person and not a caterpillar, would she be younger or older than you?

Living in the pretty garden with lots of food made Little Lou feel “warm and safe” - what makes you feel warm and safe?

Who is Little Lou’s best friend?

Who does she meet next?

What does Butterfly tell her?

How does that make Little Lou feel?

Have you ever had a “BIG CHANGE” happen in your life?

What was it?

How did it make you feel?

When Little Lou felt scared, did she keep her feelings to herself, or did she tell someone?

Who did she tell first?

Do you have a friend like Ladybug?

Who is it?

Sometimes our friends help us remember things we have forgotten. Did Ladybug do this for Little Lou?

What advice does Ladybug give Little Lou?

Was that good advice?

Why?

Do you think Ladybug was being a good friend to Little Lou?

Have you had someone be as good of a friend to you as Ladybug was to Little Lou?

When?

Have you been as good of a friend to someone as Ladybug was to Little Lou?



STORYBOOK GUIDE

When and how did you do that?

Does being alone help?

Why or why not?

When Little Lou was alone, another friend came to see her. Who was it?

What is Butterfly like?

What does Little Lou tell Butterfly?

What does Butterfly tell Little Lou about change?

What does Ladybug tell Little Lou when she hugs her?

What news does The Butterfly give Little Lou that startles her?

What promise does The Butterfly give Little Lou?

Does Little Lou believe that promise?

What does she do next?

Have you ever been in a place where you realized that the only thing you could do is trust and wait?

Have you ever been so upset your tummy hurt?

When?

Are there times you feel upset that you like to be alone?

Was that easy or hard to do?

Trusting and waiting are important things you do inside your heart. When do you know that Little Lou has truly begun to change inside the cocoon?

Changes that happen on the inside of you turn into things other people can see you do. What does Lou do when Ladybug and The Butterfly return?

Was it easy for Lou?

Do you think it was easy or hard for Ladybug to watch her friend struggle?

Have you ever had a friend that had to do something hard, something you could not do for them?

What was it?



STORYBOOK GUIDE

How did you help them?

What do Ladybug and Lou do next?

What does The Butterfly do?

Have you ever had someone protect you?

Who protected you and how did they do it?

When she is rested, Lou understands something The Butterfly tried to tell her earlier.
What is it?

After Lou completes her BIG CHANGE, she doesn't stay in the garden where she was before – she flies somewhere new. But the story doesn't tell us where that new place is.
Where do you think Lou, Ladybug, and The Butterfly went next?

The last picture in the book does not have any words, and Lou, Ladybug and The Butterfly are painted the way they would look in real-life. In real life:

How are you like or unlike Little Lou?

Who is your real-life "Ladybug"?

Who is The Butterfly in your life?

