

T-Teighan Says We're Different and That's Ok

A conversation guide for families and educators

Use this guide

Read the story at a comfortable pace. There is no single right answer to these questions. Let children pass, draw, act, or tell a story when words feel like too much.

NOTE: This guide is for shared conversation and classroom connection. It does not diagnose a child or replace professional support.

Before reading

- What is one thing that makes you feel like yourself?
- What helps you feel welcome when you join a new group?
- What can a friend do when someone needs more time or space?

Talk about the story

- What do you notice about T-Teighan as the story unfolds?
- Which moments show that people can be different and still belong together?
- What helps T-Teighan feel understood?
- How could a classmate, sibling, or adult listen without trying to change her?
- What would you want other people to understand about you?

Try together

- Draw a small portrait of yourself and add three things that make you you.
- Practice asking: “Do you want help, company, or space?” Then talk about how each answer might feel.
- Make a class or family list of ways to show respect when someone communicates, moves, or learns differently.

A closing question

What is one kind thing you can notice or do this week when someone else is being fully themselves?