

The Heartglow Collection Discussion Guide

For Parents and Educators

At its heart, the Heartglow Collection is a series about connection and seasons.

Children may enjoy these stories as gentle bedtime adventures, while older readers may discover deeper themes woven beneath the surface. Throughout the collection, the stories invite reflection on kindness, courage, belonging, change, gratitude, resilience, memory, and learning when to hold on and when to let go.

Connection

Wherever we are physically, we are connected to one another.

Seasons

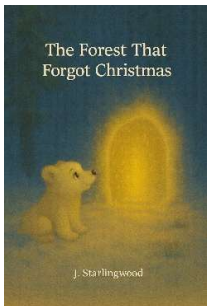
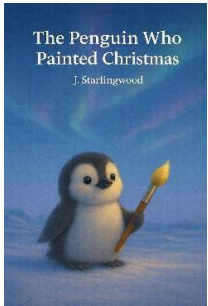
Life moves through seasons too. There is a season for everything: a time for beginnings and endings, for growth and rest, for holding on and letting go. As the seasons change in nature, so do the seasons in our lives.

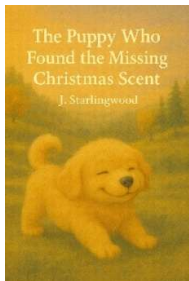
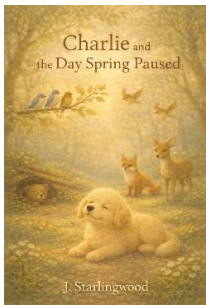
The discussion questions are designed not only for children, but also for the adults reading alongside them. There are no right or wrong answers. Sometimes a story may speak differently to a child and an adult, and those different perspectives can lead to meaningful conversations and shared moments of connection.

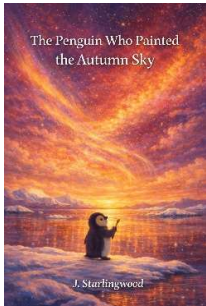
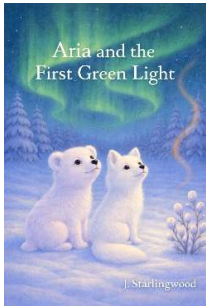
We hope these stories create meaningful conversations, lasting memories, and moments of connection between readers of all ages.

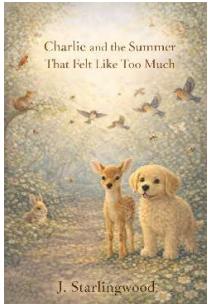
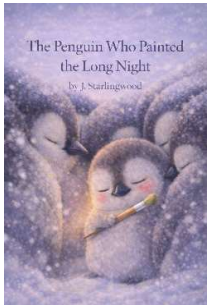
Heartglow Reflection for the Children

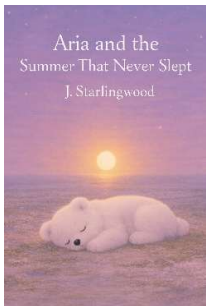
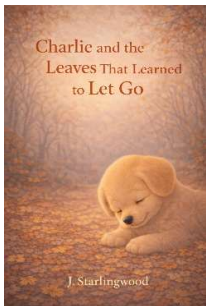
Throughout the collection, the final illustration often includes an empty space. Imagine yourself in that space. What do you see, feel, hear, or wonder?

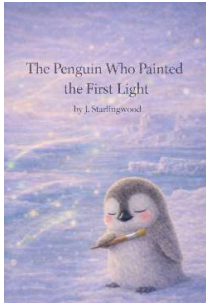
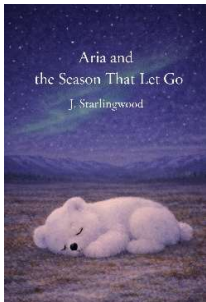
Ref	Title	Themes	Discussion Questions	Activities	Author's Note
1	 The Forest that Forgot Christmas	Memory, Love, Connection	1. Why do you think Aria cared so much about bringing Christmas back? 2. What is a memory that makes you feel warm inside? 3. How can we show love to someone who has forgotten something important? 4. What is something you never want to forget?	Memory Activity Draw or talk about a special memory that makes you feel warm inside.	On the surface, this is a story about Christmas. In fact, it is a story about memory, love, and connection. While memories may fade, the love we share can still be felt. Even the smallest acts of kindness can help someone feel remembered and valued.
2	 The Penguin who painted Christmas	Creativity, Perspective, Courage	1. Why did Paddle choose a different way to help his colony? 2. Have you ever had an idea that was different from everyone else's? 3. Why is it important to listen respectfully when people think differently? 4. How can different ideas help solve problems?	Creative Thinking Activity Think of a problem and come up with three different ways to solve it.	Paddle sees the world differently, and that becomes his strength. This story reminds us that there is more than one way to solve a problem. When we are willing to see things from a new perspective, we often discover possibilities we could not see before. There are subtle cameos hidden within one of the illustrations - the bear and the rabbit. See if you can spot them.

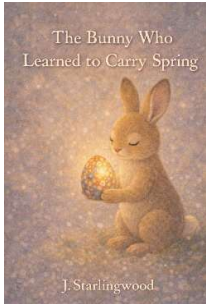
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3	 The Puppy who Found the Missing Christmas Scent	Help-Seeking, Friendship, Teamwork	1. Why did Charlie try to solve the mystery on his own at first? 2. Why can asking for help sometimes feel difficult? 3. How did Charlie's friends help him on his journey? 4. Can you think of a time when asking for help made something easier?	Help-Seeking Activity Think of a problem and make a list of people you could ask for help.	Charlie discovers that asking for help takes courage. Each friend contributes a different strength, and together they achieve something none of them could have done alone. Sometimes the strongest thing we can do is allow others to help us.
4	 Charlie and the Day Spring Paused	Patience, Inclusion, Belonging	1. Why do you think Spring decided to wait? 2. Have you ever needed extra time to learn or do something? 3. How does it feel when someone waits for you instead of rushing you? 4. What can we do to help everyone feel included?	Connection Activity Look at someone you love and tell them one thing you appreciate about them.	Everyone grows at their own pace. This story reminds us that patience can be an act of kindness and that relationships become stronger when we make space for one another. The phrase " you complete me " is intentionally included and bolded as a reminder that we are connected and that our lives are enriched by the people we love. One of the aims of this story is to strengthen the bond between parents and children. When parents read the story aloud, the invitation is simple: pause, look at your child, and say, " You complete me. "

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5	 The Penguin Who Painted the Autumn Sky	Gratitude, Memories, Change	1. Why did Paddle want to remember the colours of autumn? 2. Is there a special memory you would like to keep forever? 3. How do you feel when something beautiful comes to an end? 4. What helps us remember happy moments even after they are gone?	Memory Activity Draw, paint, or write about a happy memory you would like to keep forever.	This story reminds us that beautiful moments do not last forever. Rather than holding on too tightly, we can learn to appreciate them while they are here and treasure them when they become memories. Change is part of life, and that is what makes many moments so precious. The story is set during the transition from summer to autumn in Antarctica. It is a brief and beautiful season when visitors arrive, cameras click, and people encounter penguins up close. Like autumn itself, these moments do not last forever, which is what makes them so special.
6	 Aria and the First Green Light	Curiosity, Teamwork, Discovery	1. What clues helped Aria and her friend discover the green light? 2. Have you ever worked together with someone to solve a mystery or problem? 3. What makes a good teammate? 4. How can working together help us achieve something we could not do alone?	Discovery Activity Go for a short walk and see if you can find something you have never noticed before.	Curiosity opens the door to discovery. Different strengths can complement one another, and that teamwork often helps us see more than we could on our own. The world is full of wonders waiting to be explored. This story was inspired by a trip I took to Norway in spring, where I saw faint green Northern Lights shimmering across the sky, much like the ones in this story.

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7	 Charlie and the Summer That Felt Like Too Much J. Starlingwood	Self-Care, Emotions, Resilience	1. Why did Charlie sometimes feel overwhelmed during summer? 2. Have you ever felt like there was too much happening around you? 3. What helps you feel calm when you need a break? 4. Why is taking care of yourself an important part of growing up?	Calm Corner Activity Create a list of five things that help you feel calm when life feels overwhelming.	Even happy and exciting seasons can feel overwhelming. It is okay to slow down, rest, and listen to what we need. This story encourages both children and adults to practise self-care and recognise when it is time to pause.
8	 The Penguin Who Painted the Long Night by J. Starlingwood	Hope, Courage, Leadership	1. How do you think the penguins felt during the long winter darkness? 2. What helped them stay strong together? 3. How can one calm person help others during difficult times? 4. Who helps you feel hopeful when things feel hard?	Hope Activity Draw or write about something that gives you hope when things feel difficult.	The long polar night can feel endless, but darkness never lasts forever. This story is about hope, resilience, and supporting one another through difficult seasons. Like the penguins huddling together in the storm, we are often stronger when we face challenges together. The light from the research centre symbolises hope. Even the smallest light can guide us through the darkest night and remind us that brighter days are ahead.

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9	 Aria and the Summer That Never Slept J. Starlingwood	Balance, Rest, Wellbeing	1. What would it be like if the sun never went to sleep? 2. Why is rest important, even when life feels exciting? 3. Have you ever forgotten to rest because you were having too much fun? 4. How do good friends help us take care of ourselves?	Rest Activity Create your own bedtime or wind-down routine.	When life is exciting, it can be easy to forget the importance of rest. This story reminds us that balance is essential and that growth requires both activity and renewal. Sometimes a good friend helps us remember what we need most.
10	 Charlie and the Leaves That Learned to Let Go J. Starlingwood	Change, Trust, Letting Go	1. Why were some leaves afraid to let go? 2. Have you ever felt nervous about a change? 3. Who helps you feel brave when something new begins? 4. Is there something in your life that you are learning to let go of?	Letting Go Activity Write or draw something you are ready to let go of, then place it inside a paper leaf.	Change can feel uncertain, especially when we do not know what lies ahead. Remember, courage is not the absence of fear but the willingness to take the first step. Like the seasons, life is always changing, and we can learn to trust the journey.

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11	 The Penguin Who Painted the First Light by J. Sturlingwood	Interdependence, Connection, Gratitude	1. Why did Paddle pay attention to the tiny krill? 2. Why are small things often more important than we realise? 3. Can you think of someone whose quiet actions help others every day? 4. How are we all connected, even when we seem very different?	Connection Activity Choose one small thing in nature and discover how it helps other living things.	The smallest creatures often play the biggest roles. This story reminds us that everything in nature, big or small, is connected and that even the smallest actions can have a meaningful impact. No one is too small to matter.
12	 Aria and the Season That Let Go J. Sturlingwood	Acceptance, Change, Letting Go	1. What changes did Aria notice as autumn arrived? 2. Why can letting go sometimes feel difficult? 3. What helped Aria trust the changing season? 4. How do we know when it is time to hold on, and when it is time to let go?	Season Activity Think about a change in your life. What new opportunities came from that change?	This story reflects on the rhythm of life and the wisdom found in nature. Some things are meant to stay for a while, and some are meant to move on. There is a season for everything, and learning to trust that rhythm can help us embrace change with peace.

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13	 The Bunny Who Learned to Carry Spring	Purpose, Kindness, Hope	1. What do you think it means to 'carry spring'? 2. How can one small act of kindness make a difference? 3. Have you ever helped make someone's day brighter? 4. What kind of hope would you like to bring into the world?	Kindness Activity Think of one responsibility you have and one way you can carry it with kindness this week.	Why is it the Easter Bunny and not the Easter Puppy? Maybe because every creature has its own role to play. The bunny discovers that carrying spring is both a responsibility and a privilege. In the same way, each of us carries something important through life. Our responsibilities may look different, but each one matters. This story reminds us that gentleness and kindness can help us carry our responsibilities with greater care. They also make the journey lighter for both ourselves and those around us.

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