

The 'Tail' of a Trio

Rue's Story

A *traumatic event* is when we experience a scary, dangerous, or violent event. What was Rue's *traumatic event* and how did this affect Rue?

What could Rue have been feeling when her new humans were gone from the house longer than usual?

Sometimes, different things in our world can *trigger* our minds to remember parts of the past. For example, if we smell popcorn at home, this could *trigger* us to remember a movie we watched because we were eating popcorn during it. When we have experienced a traumatic event, these memories can be unpleasant, yucky, and scary. What about Bee and Addie's playing could have *triggered* Rue? What happened to Rue when she felt *triggered*?

In the book, we saw Rue and Bee struggling with change. What can make change hard at first?

How did Addie make friends with Rue? What did she do? How did she act?

How did Addie and Bee encourage Rue when she was learning how to play?

We are all important because we are worthy. How did Rue learn she was important? How did this change the way she thought about herself?

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Bee's Story

What was it like for Bee growing up in the pound?

How did Bee's body let her know she was feeling nervous?

How did Bee react to seeing Addie in the window?

How did Addie let Bee know it was safe to play and be friends?

What was Bee's favorite way to help keep the nervous butterflies at bay?

What are other ways could Bee calm herself down or remind herself she was safe when she felt nervous or worried?

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Addie's Story

What did Addie do as a 'Therapy Dog'?

How did Addie and her human take care of themselves? What are some ways you can take care of yourself and why are those important things to do?

What did Bee and Rue learn from Addie when it came to becoming and being friends?

Bee and Rue learned how to support Addie too! What is '*burnout*'? How did Addie manage this? How could you cope if you experience '*burnout*'?

This book talks about something called *resiliency*. This is when someone continues to move forward even when there are challenges and obstacles. Name a time in your life you have made it through something difficult- when you showed *resiliency*?