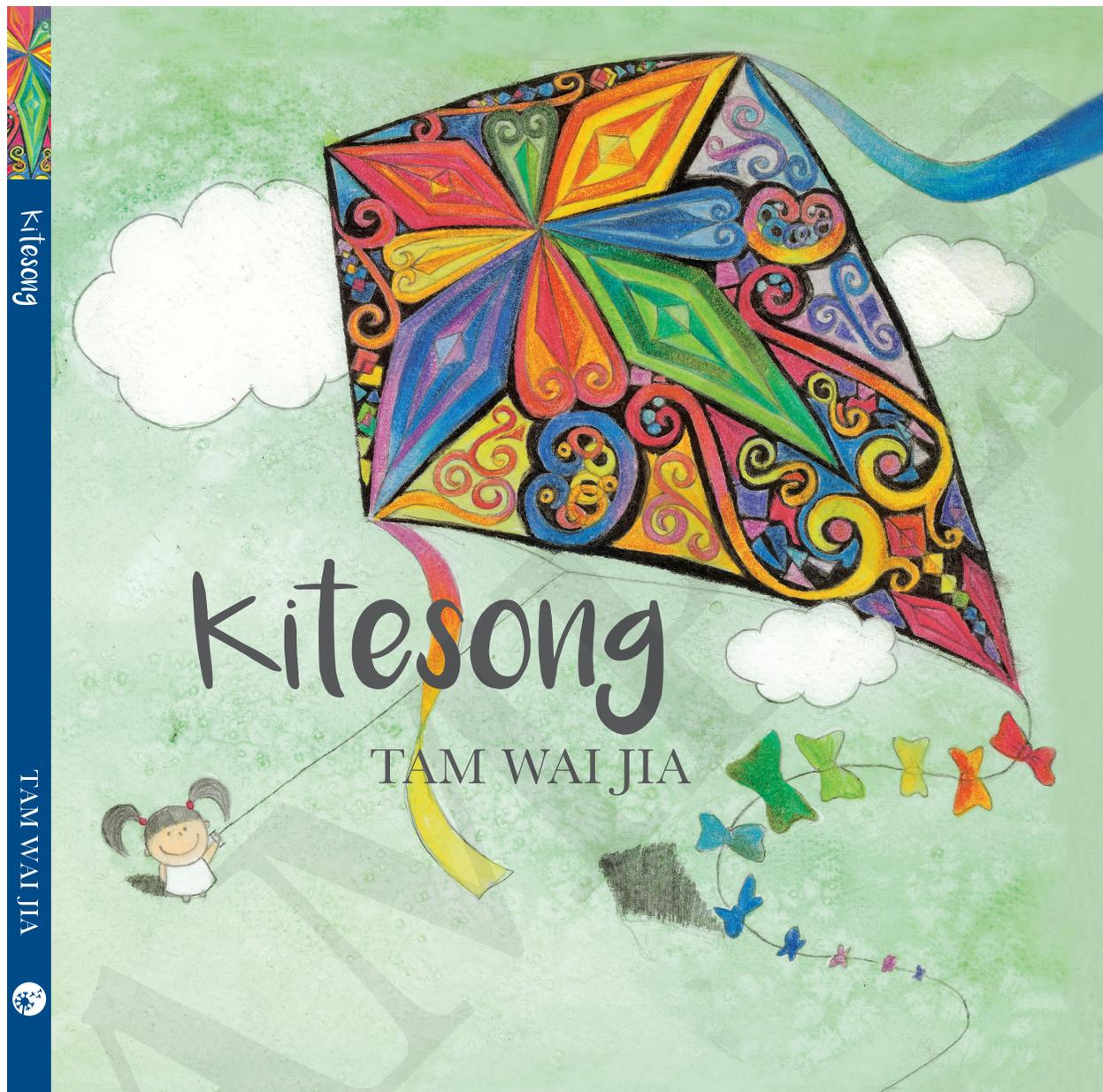


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PURSUING DREAMS. MAKING A DIFFERENCE.

Facilitation Guide

PREFACE

This facilitation guide is designed to accompany the video message and the animated video or book reading of *Kitesong* by Dr. Wai Jia Tam. The discussion should be led by a trained facilitator.

Target audience	Youth and young adults
Suggested maximum number of participants	30, divided into small groups of 4-5
Resources needed	<ul style="list-style-type: none">• Video message: https://youtu.be/lQkeC2ih_ts• Hard copy of <i>Kitesong</i> or the animated book (available at: https://youtu.be/H4Jj8Lg9edA)• Facilitation Guide• Dream Journal (print out copies for all participants)• Attendee feedback form: bit.ly/kg-feedback
Suggested time allocated	90 minutes
Objectives	<ul style="list-style-type: none">• To inspire hope and faith in participants to pursue their dreams• To guide participants through a process of self-discovery to gain therapeutic insight into their personal journey• To invite participants to share about their personal dreams and take steps to make their dreams a reality

KEY:

“ denotes text for facilitator to read aloud

❖ denotes a question for participants

Key discussion question for participants

Reflection exercise for participants

OVERVIEW OF SESSION

#	Duration	Activity	Notes
1	5 min	Welcome and introduction	
2	20 min	Opening video	The Story of Kitesong
3	5 min	Book reading/animation	Kitesong Video PDF book
4	5 min	Opening questions	
5	40 min	Breakout group discussion	In groups of 4-5, participant self-led
6	10 min	Dream Journal	Print out Dream Journals for all participants
7	5 min	Attendee feedback form	Online form: bit.ly/kg-feedback

FACILITATOR'S GUIDE

1. WELCOME AND INTRODUCTION (5 MIN)



“Today, we are going to read and discuss a book called *Kitesong*. Although it looks like a children’s book, this book was written by an author who experienced some dark and difficult times in her life. This is a very special book to the author as it was her very first book, published when she was only an 18-year-old girl who was going through a season of insecurity and depression.

“We’re going to hear her story through a short video, watch the book animation, and then discuss what we’ve experienced.”

2. OPENING VIDEO (20 MIN)

Play the video message by the author here: https://youtu.be/IQkeC2ih_ts.

3. BOOK READING/ANIMATION (5 MIN)

Play the book animation here: <https://youtu.be/H4Jj8Lg9edA>. Participants can follow along with the PDF copy of the book here: bit.ly/kitesong-pdf

4. SUGGESTED OPENING QUESTIONS (5 MIN)

- ❖ What do you think this book is about?

Possible answers include: A book about pursuing one’s dreams, recovering lost hope, etc.

- ❖ In what ways did the book speak to you?

You may wish to ask some probing questions such as: Did it help you remember some dreams you thought you had buried or lost? Did it inspire you to dream again and pursue your dreams?

- ❖ Which pages stood out to you? Why?

The appendix includes several questions that may help to facilitate deeper discussions on specific pages. They need not be discussed in the particular order shown; they are only meant to serve as a guide should participants select these pages to discuss.

5. BREAKOUT GROUP DISCUSSION (40 MIN)

In groups of 4-5, invite participants to discuss selected questions from the slides, especially the first and last questions.

- “ For example, you may say, “In the next 40 minutes, share about 4 questions within your group. Everyone can share about the first question, then pick any 2 questions to go around and end with the last question. Everyone has approximately 1 minute to share for each question.”

You may go around the groups to guide the discussion as they articulate any emotions or experiences that surfaced.

6. DREAM JOURNAL (10 MIN)

Distribute the Dream Journal to the participants.

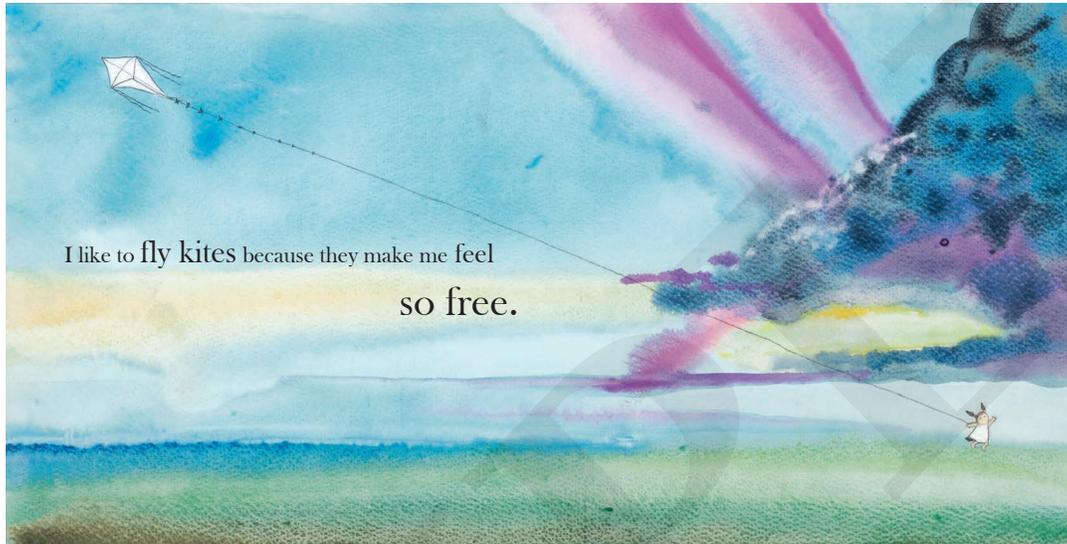
- “Today’s session may have helped you remember lost dreams or ignite new ones. Take a moment to fill up the Dream Journal to reflect on today’s session.”

7. ATTENDEE FEEDBACK FORM (5 MIN)

- “The author would appreciate if you took a moment to share about how this session impacted you. Please fill up the attendee feedback form online at bit.ly/kg-feedback. Thank you!”

APPENDIX

SUGGESTED QUESTIONS FOR DEEPER DISCUSSION



- ❖ Why do you think the author chose to use the idea of flying a kite or coming out of a cage of butterflies?

When we engage in something we enjoy doing, we feel a sense of liberty and great freedom, as though we are being freed from a cage or captivity.

This can lead on to the next question:

❖ **Key Discussion Question:** Is there something you enjoy doing that makes you feel “free”?

Encourage participants to remember a particular activity that they enjoy doing. Is it painting, crafts, photography, singing, writing, journaling?

❖ **Key Discussion Question:** Is there a particular dream you have in your heart that you want to pursue, but are too afraid to?

Many participants may look down or turn away, as they may have buried or forgotten the dreams they used to have. Encourage them with short and direct questions (e.g. When you were younger, what made you feel excited? What was your passion?)

If they feel lost or do not know what their dream is, try asking: In your ideal world, what would you be doing?

Emphasize to participants that this is not the same as what their parents, peers or mentors want them to do.

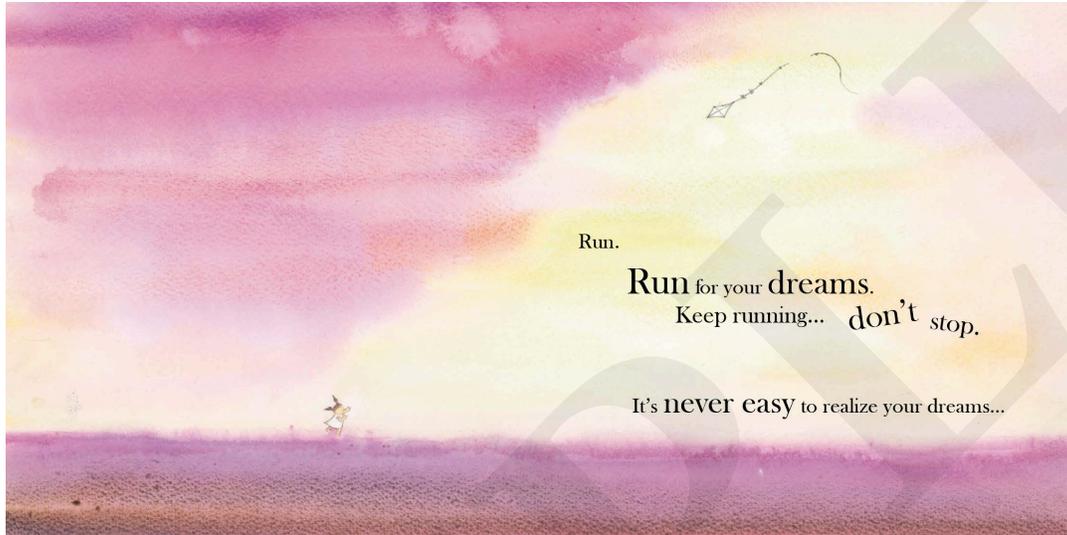


- ❖ The author uses the idea of “unpredictable winds” to illustrate the unexpected obstacles we face in life that hinder the fulfillment of our dreams.
- ❖ What have been some disruptions in your life that prevented you from pursuing your dreams?

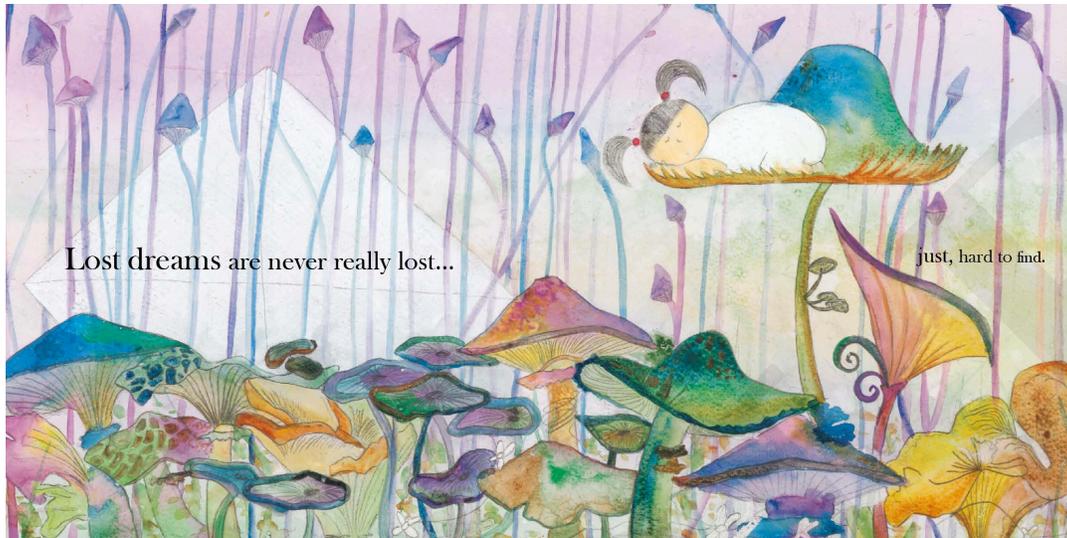
This may be a sensitive question to some, especially if it involves family challenges, trauma or abusive histories. You may choose to share that the author herself went through some challenging seasons in her life, such as going through depression and anorexia.

This may lead to the following deeper question:

❖ How have you emerged from those experiences? Are you still able to pursue your dream?



The author seems to acknowledge that truly pursuing our dreams is not easy. It requires effort in running and chasing after them.



❖ **Key Discussion Question:** Why does the author say that trials can be beautiful things? In what ways do you think your struggles have been “beautiful”?

Encourage participants to reflect on how they have grown as a person, or have learned qualities such as self-awareness, self-care, forgiveness and grace, etc.

Also encourage participants to think about the people who have encouraged and cared for them in their journey. Sometimes, growth cannot be quantified or seen; it grows in the hearts of people through love and hope for change.

Spark powerful conversations of hope, healing and growth.

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