



A FAMILY RESOURCE GUIDE

..... to

Geri Halliwell-Horner's



ROSIE FROST
& the Falcon Queen

DEAR FAMILIES,

Rosie Frost & the Falcon Queen is a book about friendship, courage, facing challenges, and finding your power!

After losing her mother, Rosie Frost is sent to the mysterious Bloodstone Island, where she goes to Heverbridge School – a home for extraordinary teens and endangered species. Rosie faces many challenges while at the school, including a menacing deputy headmaster, a group of mean kids trying to destroy her, and shocking family secrets. She also discovers that history can come to life in ways she never imagined.

When the island is threatened, Rosie enters the Falcon Queen games to save it. But Rosie learns she can't do it alone. She finds that believing in herself—and her friends—is the first step to finding the power she never knew she had.

Rosie Frost's journey is one families will want to go on together. We hope you will use this guide to share the experience with your reader through at-home conversations and activities. You can explore each activity on its own or enjoy them all!

Have fun! We know you'll love Rosie as much as we did!



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TALKING ABOUT ROSIE FROST



Explore each big idea or choose your favorite! Below you will find many ways to talk about each idea. Choose a few that are important to your reader or talk about them all.

Courage

There are many important ideas (themes) in this story – friendship, courage, overcoming obstacles, conservation, and of course finding your power. Choose one idea to talk about with your reader. For example, with courage you might discuss:

- ✦ What is courage? Is courage always visible? Do you have to see it? If possible, look up definitions for the word courage online and then talk about your own definition of courage.
- ✦ Look through the book together and find examples of courage. When did Rosie show courage? How did she show courage? (Re-read these parts of the book to help with this conversation: pages 76–83, 257–261, and 329–334)
- ✦ Connect these courageous examples to other ideas in the book. For example, Rosie is bullied by some students. Ask your reader: How does this connect to her growing courage? Have you ever been in a situation like Rosie? Have you ever stood up for someone else who was being bullied?
- ✦ Finding your power is a big idea in this book. It means facing challenges, believing in yourself, finding your voice, and standing up for yourself and others. Talk about how this big idea connects to courage and other important ideas in the book.

Friendship

When Rosie first meets Charlie, she is very careful about what she shares with him and thinks to herself, “silence is your strength.” As the story continues, she learns to trust him. Talk about this with your reader.

- ✦ Read these parts of the story together: pages 55–59, 68–69, and 147–150. Think about how Rosie and Charlie talk to each other and act around each other in each part. How is their friendship changing?
- ✦ Think about Charlie’s personality. How is he different from Rosie? How does this affect Rosie? Does Rosie’s friendship with Charlie help her form other friendships, like with Bina?
- ✦ Think about how the idea of friendship connects to the end of the story when Rosie shares her rule, “Don’t judge a book by its cover...Look deeper. There’s always more on the inside.” What does this rule mean? To help understand this rule, read page 98 (Rosie’s memory of her mom) and pages 425–430. How can you make this rule a part of your life?
- ✦ Read all the Falcon Queen’s Rules on page 452. Do you have a favorite? Why?

TALKING ABOUT ROSIE FROST

Continued

Finding Your Power

We read and learn about the Latin words *Animo* (courage), *Imperium* (power), and *Libertas* (freedom). These words guide Rosie when she competes in the challenges and makes new friends. She learns about herself and finds her own power to stand up for herself.

- ✦ Talk about these words and find examples in the book that support them. Examples might be thoughts, conversations, or events.
- ✦ You might want to write the examples on a piece of paper in the order they take place in the book. This creates a timeline of events. It will help you talk about and see how Rosie and other characters change over the story.
- ✦ Read over the list or timeline. What are some of the choices that Rosie makes during the story? How do her choices change the story? Do you see any patterns in your list or timeline?
- ✦ On page 226, Rosie thinks, “Something seemed to be changing within her, although she couldn’t say exactly what.” What do you think is changing? How does this connect to Rosie finding her power and using her voice? (Using your voice means sharing your opinion and speaking up for yourself and others.) Share a time when you used your voice or felt that you had found your power. Talk about this with your reader and ask them to share too!
- ✦ Think about other characters in the book: Hemlock, Ms. Parr, Anne Boleyn. How do they affect or support Rosie changing and growing? Did you have a favorite character that helped Rosie? Why was this character your favorite?

EXPLORING WITH ROSIE FROST

Rosie grows a lot as a person during her time on Bloodstone Island. She makes new friends, learns to trust, and overcomes many obstacles. She also takes time to think and write about her experiences. When the story ends, she has gained confidence and learned to stand up for herself. Explore one or more of the ideas below with your reader.

Expand – Learn about Growth Mindset

Rosie shows she has a growth mindset – meaning she is open to new experiences, and she grows by trying, making mistakes, not giving up, and thinking about what she learned from her experiences. Learn about fixed mindset and growth mindset and activities you can do at home by searching online for this topic. Use these keywords: *growth mindset* and *how parents can support a growth mindset* (what you learn will help with this activity).

- ✦ There are different ways to explore a growth mindset. One of them is to think about your identity. What makes up who you are? (race, ethnicity, physical attributes, gender, personality, hobbies/interests, and so much more)
- ✦ To start the conversation, use Rosie as an example. What do we learn about her and her growth mindset as we read the story? Talk about or write a list of all the parts you think make up Rosie’s identity. Did she ever have a fixed mindset? Do you think this connects to her finding her power? Why or why not?
- ✦ Now, talk about your own identities – maybe create a list together. Did anything on your lists surprise you? How do these different parts affect your growth mindset?

Explore – Reflect and Create a Journal

Rosie writes in her unicorn notebook (pages 103-104, 155-156, and 308-309). It’s her private space to write about her experiences, ask questions, and think about situations in her life, including how she misses her mom. She is reflecting. Over time, her journal entries change. We read about her becoming open to her new friendship with Charlie and see her determination to find her own power and win the Falcon Queen games. Create journals together:

- ✦ Anything can be used for a journal – you don’t need to buy one! Decorate a notebook or create one by using materials you already have. Loose paper can be stapled or glued together, and a cover page can be decorated. (Share this experience by creating your own journal with your reader.)
- ✦ Encourage your reader to write about anything in this private space – their day, a book they are reading, a problem they are trying to solve, a short story, or even a song like Rosie!
- ✦ And remember, journals do not have to be all about writing. Drawings, word lists, collages, etc. are all part of journaling!
- ✦ To learn more about journaling, search online using the keywords: *journals*, *creating a journal*, *different ways to journal*.

EXPLORING WITH ROSIE FROST

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Reach – Dream and Create a Vision Board

A vision board is a great way to explore interests, ideas, and goals. It's a collection of pictures and words that encourage big thinking and is meant to inspire and motivate. Create vision boards together:

- ✦ Vision boards can be created using any material: poster board or regular paper. Vision boards can also be created using an online document.
- ✦ Share your interests, goals, or a dream. Talk about your interests and goals too, so you can create your own vision board.
- ✦ What pictures or words would help you express and show these ideas? Look for pictures and words online, in magazines, or print or draw your own!
- ✦ Cut them out and place them on the board using glue or tape. Be creative – put them in any pattern or order you'd like!
- ✦ Place the vision board where it can be seen every day as a reminder of your goals and dreams. Continue to add pictures and images to it as your ideas grow.
- ✦ To learn more about vision boards, search online using the keywords: *vision board*.

