Pause at the indicated time stamps and discuss the book.

0:51  What does it mean “when times get tough”? Do you have a load the alpaca can carry?

1:33  What would you whisper in the alpaca’s ear?

2:10  What mountains do you have to climb?

3:04  Pause to repeat the words of encouragement. Repeat as often as necessary.

3:10  Where is home?

After viewing the book:

1. What is an alpaca? (Discuss with your child what kind of animal an alpaca is. It is interesting to note that alpacas are becoming very popular as a therapy animal because of their sensitive and intuitive nature. Additionally in this title the alpaca becomes a symbol of someone we can share worries with.)

2. Take time to listen to the music used with this title. Perhaps close your eyes as you listen. How does the music make you feel? When might music be helpful to you? What other music might make you feel this way again?

3. Discuss the differences between big and small worries.

4. We all have mountains to climb. What are mountains other people you know have to climb? What are some mountains our family has to climb? How do the mountains other people have to climb affect you?

5. Create a family chant to give the strength to keep climbing, to be grounded, and live.