

## Episode 1: The High Dive

In Episode 1 “The High Dive,” a day at the pool turns into a disappointment when Mojo realizes he's afraid of the high dive.

1. How did Mojo feel after his attempt to jump from the high dive? How do you know?
2. Think about a time you faced a big challenge. How did you feel? What happened?
3. Mojo felt “defeated.” What other words can you use to share how you might feel in this situation?

*On the next page are a few “take-home” questions for families, so they can watch the video and reinforce the concept at home!*



## Series 6, Episode 1: Take-Home Questions

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2. Why do you think we are sometimes overwhelmed when faced with new or challenging tasks?
3. What might you do if you're feeling overwhelmed by a big challenge?



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