



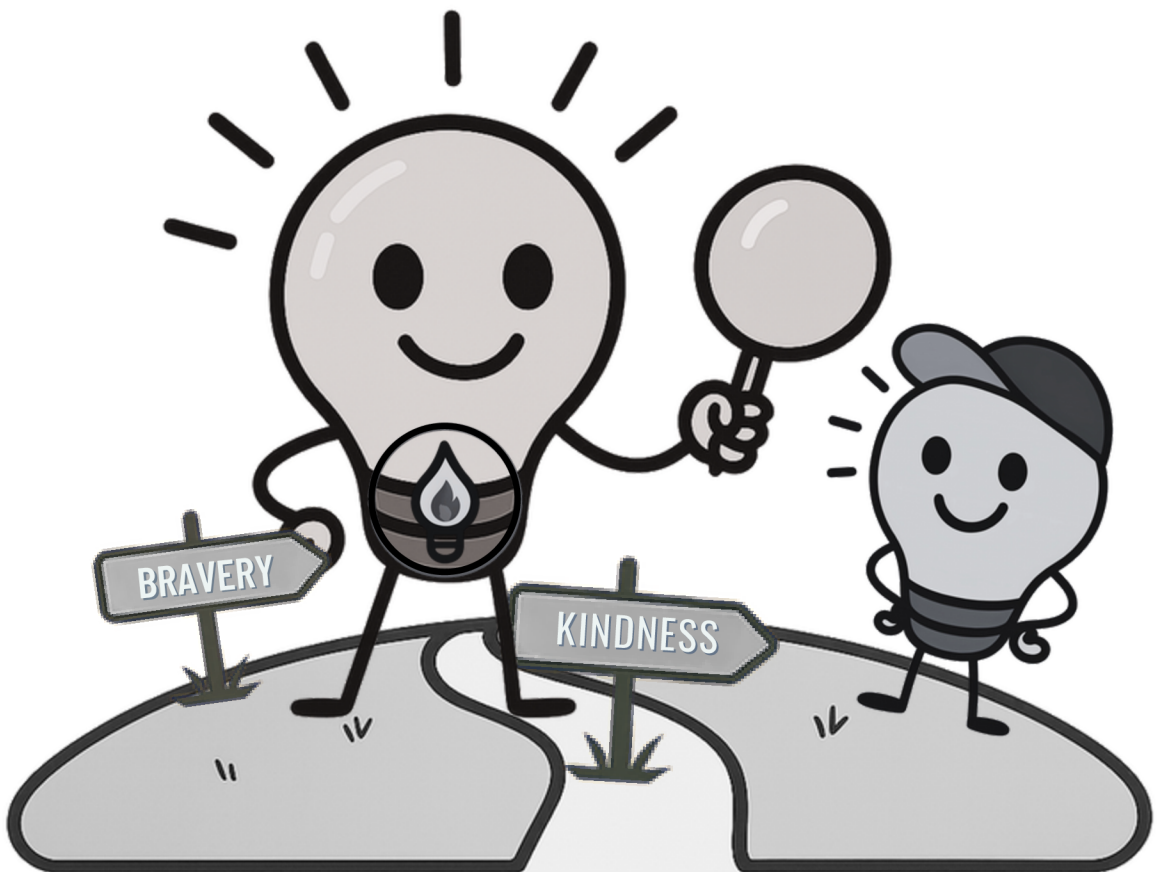
THE SPARK BOOK

A creative journal for kids to grow ideas and connect the dots between who they are and what they can do.





THE SPARK BOOK



The Spark Book Copyright © 2025 by Let Your Light Shine Press
All rights reserved. No portion of this book may be reproduced in any form without written permission from the publisher or author, except as permitted by U.S. copyright law.



HEY PARENTS

Take The Spark Book Even Further!

Meet SparqMate

A playful AI sidekick for parents, built to help you spark real growth, connection, and capability in your child.

What SparqMate Helps You Do:

- Turn your child's interests into real-world projects.
- Build confidence, curiosity, and creativity.
- Understand how your child learns and leads.
- Connect with purpose, not just manage behavior.
- Parent like a guide- not just a manager.



✓ **Plus:** Get access to our private SparqMate community to share wins, ask questions, and grow together.

You're not alone.



📷 **Scan the QR code to meet your new co-pilot.**

or go to: go.azituere.com/sparkgpt

SparqMate — your family's spark-activating partner.

THIS BOOK BELONGS TO...

**BUT WAIT-BEFORE YOU
WRITE YOUR NAME...**

This book is not about
who you have to be.

It's about who you're
already becoming.



**YOUR SPARK IS ALREADY HERE.
LET'S GO FIND IT.**



Meet Your SparqMate!

Psst... this isn't just a journal.

It's a mission. And you're not doing it alone.
There's someone waiting in these pages to help
you figure out who you are, what makes you
come alive, and how to grow your unique kind
of awesome.

Meet your thinking
buddy, idea launcher,
and adventure guide...



Your SparqMate!

What's a SparqMate?



Discover what lights you up.



Understand how your brain learns best.



Practice real-life skills like bravery, kindness, and creativity.

SparqMate won't give you all the answers. They'll help you find your own.



Together, you're going to explore your thoughts, feelings, and dreams, one page at a time.

YOUR SPARK STYLE

Everyone's power shows up differently.
Circle what feels most like you today:

- I think of big ideas
- I love to build or move
- I explain things well
- I imagine new things
- I care deeply about people
- I like to solve problems
- I notice small details
- I act, sing, or perform
- I like writing or stories
- I ask lots of questions



What do you think your Spark Style is?



YOUR Spark Style



Draw or tell a story about it below

A large grid of small dots for drawing or writing.

Talk About It:

Ask someone who knows you well:

"What do you think my Spark Style is?"



NAME THAT FLAME

How do you feel today?
(Circle as many as you want.)



Happy



Frustrated



Confused



Grateful



Sad



Confident



Worried



Excited



Bored



Embarrassed



Tired



Mixed up

“This feeling showed up because...”

What helps you feel good or more balanced?

(Circle or add your own!)



Going outside



Music



Drawing



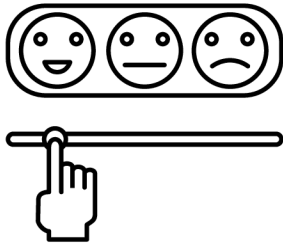
Talking to someone



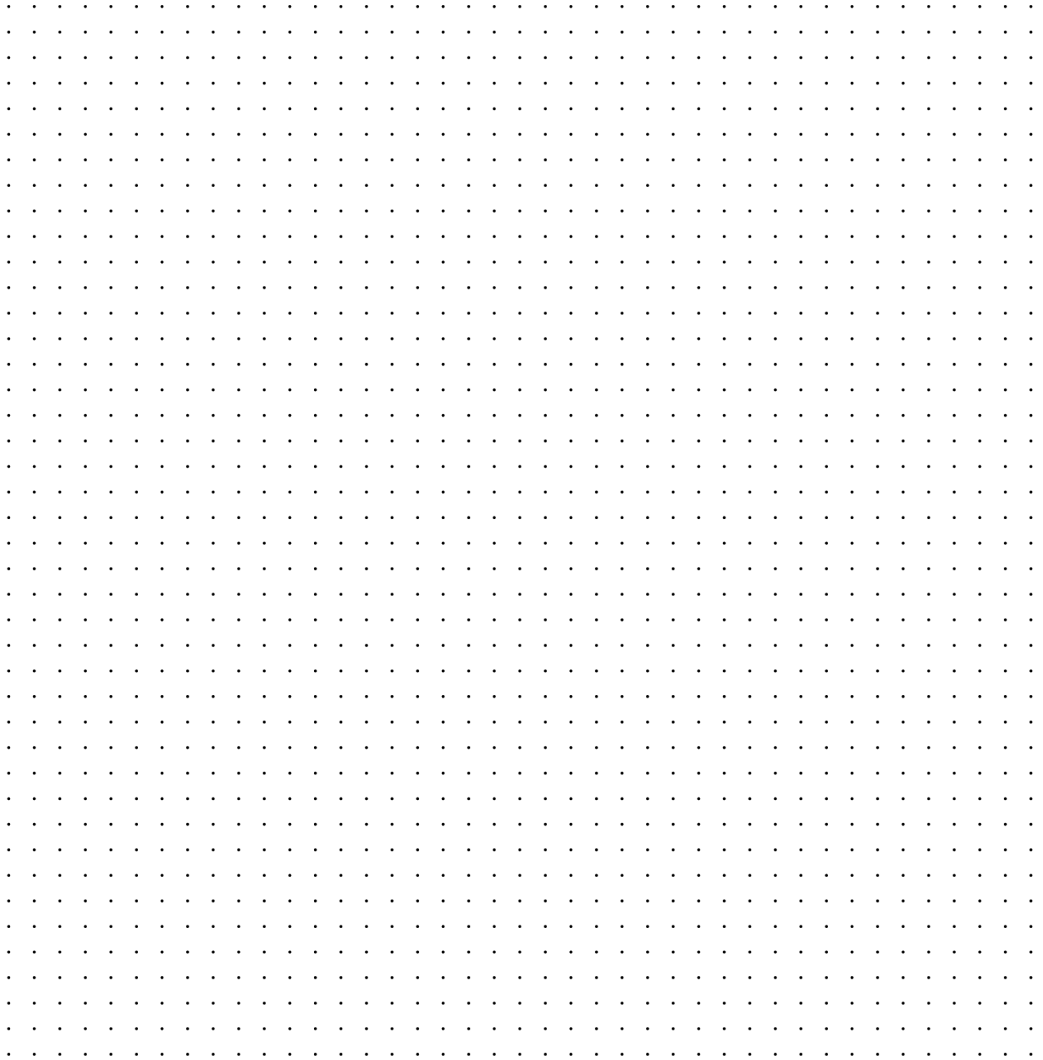
Quiet time



Doing something else



**Draw your mood as
a weather pattern**
(rainbow, storm, sun, fog, etc.)



Psst... this page won't judge your feelings. It just wants to meet them. Give them a face, a shape, or even a superhero costume.



You've Got Kind Power

Kindness = Superpower.



Your mission:
Do one kind thing today.
It can be tiny.

Ideas to get you started:

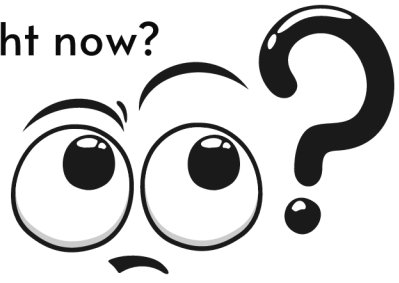
- Give someone a real compliment.
- Help someone without being asked.
- Write a kind note or message.
- Let someone go first.
- Make something for someone.
- Say "thank you" like you mean it.



What did you do? How did it feel?

Who else needs kindness right now?

Draw or name them here.



A large grid of small dots for drawing or writing.

• SPREAD •
Kindness

Small acts can make a
big difference.

Fix-It Spark



We all notice things that don't work.
But you? You've got ideas.
Think of one small thing in your life, your room, or your world that could be better.

It could be...



A squeaky door



A messy shelf



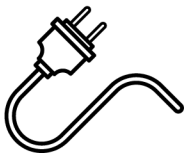
People not listening



Tripping over shoes



Too much screen time



**What is it and
what would YOU do to fix it?**

**Draw it:
Or tell us more about it...**



A large grid of small dots for drawing or writing.

Bonus Spark:

**What kind of leader solves problems with calm and creativity?
(Hint: the kind that changes the world, like you.)**





BRAIN FUN FINDER

Your brain LOVES to play-but not always with toys. What kind of "thinking game" do you enjoy most?



Puzzles or Patterns



Reading or Writing



Daydreams and doodles



Fast-paced games or race



Acting or Pretending



Solving Mysteries

WHAT KIND OF CHALLENGE MAKES ME FEEL EXCITED TO TRY AGAIN?

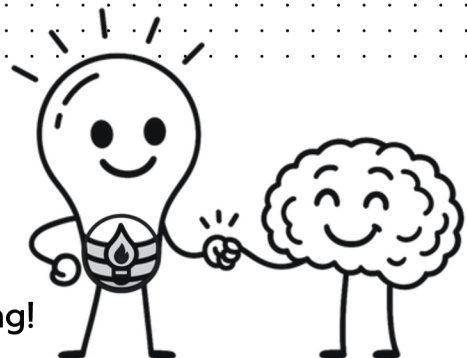


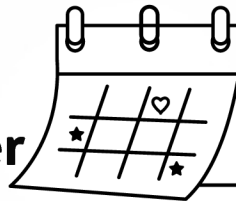
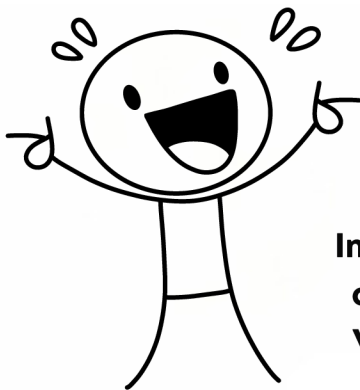
IF I COULD INVENT A BRAIN GAME, IT WOULD BE...

The more you play with your ideas, the stronger your thinking gets. So go ahead—dream up the wildest brain game ever!

A large grid of dotted lines for writing.

Every invention starts with imagination. What seems silly now might be tomorrow's genius. Keep playing!





Day Designer

Imagine YOU are in charge
of your own perfect day.
What would it look like?

Tell us what you'd do for the following:

Wake-up at?

For Breakfast

Morning activity

Fun break

Learning time

For Lunch

Creative time

What's for dinner?

Bedtime

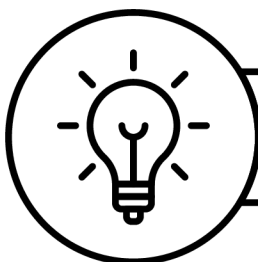
Now ask yourself:

What's one part of this I can try today?

Draw Your Designer Day:
Or tell us how you'd do it.



A large grid of small dots for drawing or writing.



**DID YOU
KNOW ?**

Being a leader doesn't mean
getting everything your way,
it means taking care of yourself
AND others.

Brave Sparks

Bravery isn't about being fearless.

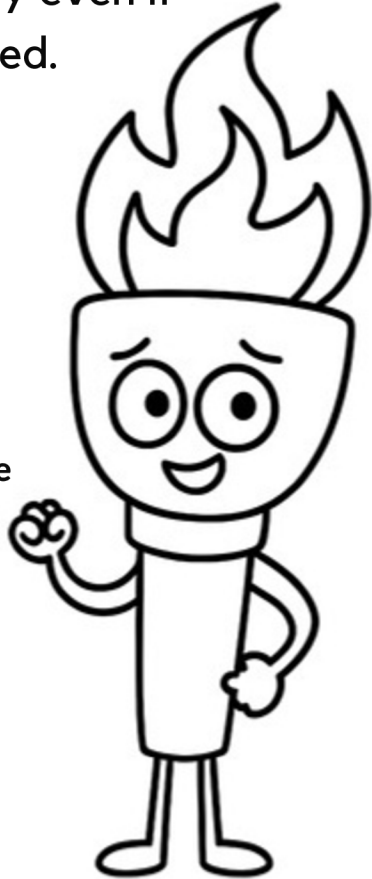
It's about choosing to try even if
you're a little scared.

Mini Bravery Test

What to Do:

**Check off one brave thing
you've done lately:**

- Tried something new**
- Stood up for yourself or someone else**
- Said how you really felt**
- Asked for help**
- Admitted a mistake**



**What's something brave
you'd like to try next?**

Draw your Bravery Badge.
Make it awesome.



A large rectangular area filled with a grid of small dots, intended for drawing a bravery badge.



You're the Boss Now



What to Do:

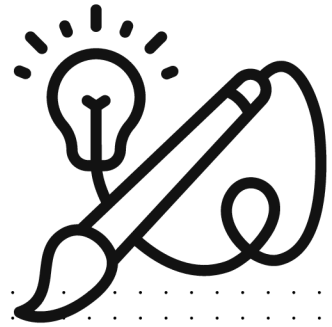
If you were in charge of your own learning today, what would you do?

- Build something
- Create a how-to video
- Write a song or story
- Ask deep questions
- Help someone

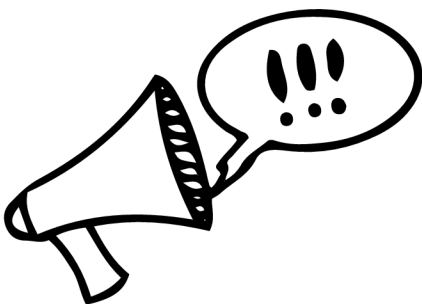


Something else:

**Draw your dream
learning day.**



A large rectangular area filled with a grid of small dots, intended for drawing.



Talk About It:

What's one thing I could
actually try this week?

You don't need a cape to have a superpower.

- ✓ Listening when others don't.
- ✓ Finding the funny in hard moments.
- ✓ Noticing things others miss.
- ✓ Turning your ideas into action.
- ✓ Being kind when it's not easy.

These don't *just* feel like powers.
They are powers.

Superpowers
show up when you
use your spark to
make the world better.



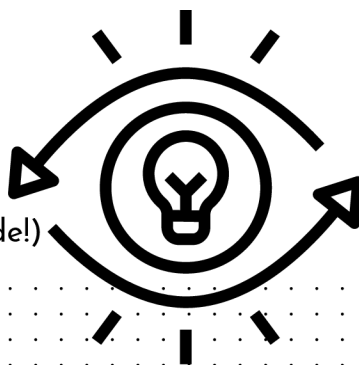
Ask someone:

“What do YOU think my real-life superpower is?”

If your spark turned into a superpower,
what would it look like?

DRAW IT HERE:

(Cape? Lightning hands? Glow eyes? You decide!)



A large rectangular area filled with a grid of small dots, intended for drawing a superpower.

Give it a name:
"The Power of _____"

Power in Progress

We all lead in different ways.

What kind of power feels most like you?

Circle the ones that sound like your spark:



I like fixing problems

(Power to SOLVE)



I cheer people up

(Power to HELP)



I dream up wild ideas

(Power to IMAGINE)



I love to perform or lead

(Power to ACT)



I express deep stuff

(Power to EXPRESS)

If your spark could talk, what would it say?

“I feel powerful when I...”

"If my power had a symbol,
it would look like..."



A large rectangular area filled with a grid of small dots, intended for writing a response to the prompt above.



Bonus Thought:

All powers matter. And guess what?
You don't have to choose just one.

What Fuels You?



Every brain has a favorite kind of fuel - the thing that lights it up!

Circle what gets your brain buzzing:



Music



Movement



Quiet Time



Big Conversations



Creating Things



Solving Problems



Asking Questions



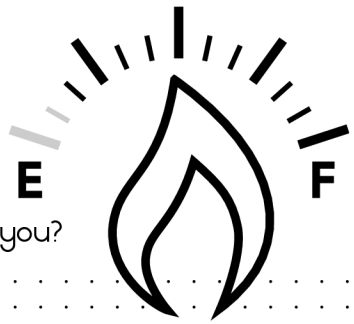
Learning Something New

Which one does your brain need now?

(or is it something else?)

**Draw or describe your perfect
“brain fuel” moment:**

Where are you? What are you doing? Who's with you?

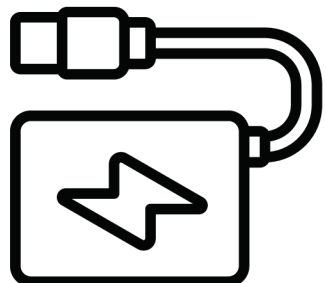


A large grid of small dots for drawing or writing.

**What could you do more of this
week to recharge your brain?**

Try it once. See what happens.

That's how sparks grow.



Choose Your Spark Path

Pick the one that feels most like you (today!).
There are no wrong answers.



WHAT DID YOU LEARN ABOUT YOURSELF?

DID ANYTHING SURPRISE YOU?

WHAT WOULD YOUR "SPARK WORLD" LOOK LIKE?

DRAW YOUR SPARK WORLD HERE!

WOW

A large grid of dots for drawing, consisting of 20 columns and 30 rows of small black dots on a white background.

Hmm...



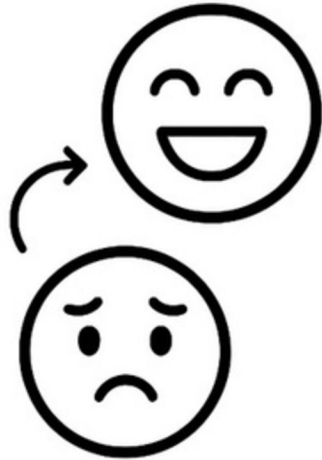
Circle the kind of choices you made most:

LOOK CLOSER

CREATIVE "THINKY" ACTIVE CALM
TOGETHER SOLO LEARNING EXPRESSING

THE SPARK CHECK-IN

Let's be real, everyone is working on something. And that's okay.



Place a “G” for I’M GOOD AT...

Place a “W” for I’M WORKING ON...

- Making friends
- Speaking up
- Solving problems
- Drawing or creating
- Organizing things
- Trying new stuff

- Being patient
- Staying focused
- Asking for help
- Finishing what I start
- Speaking with kindness
- Saying what I need

Add your own:

Easy for me or **Tricky** for me:

Choose one tricky thing.
What small action could help
you get better at it?
"Next time, I'll try..."



A large grid of dotted lines for writing.

REMEMBER!



It isn't about being perfect.
It's about showing up for yourself.
Even little sparks make a big light.

Mapping My World

This page is ALL YOU. Let's sketch your spark's world.



People who matter to you



Places you love



Things you're curious about



Stuff you enjoy doing



What's inside your head (dreams, ideas, goals)



Use shapes, symbols,
or squiggles—it's
YOUR map.



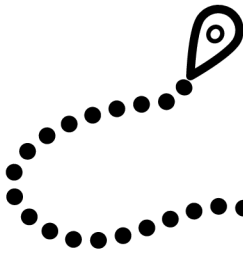
Why is it important to you?



What would you love to do with it?

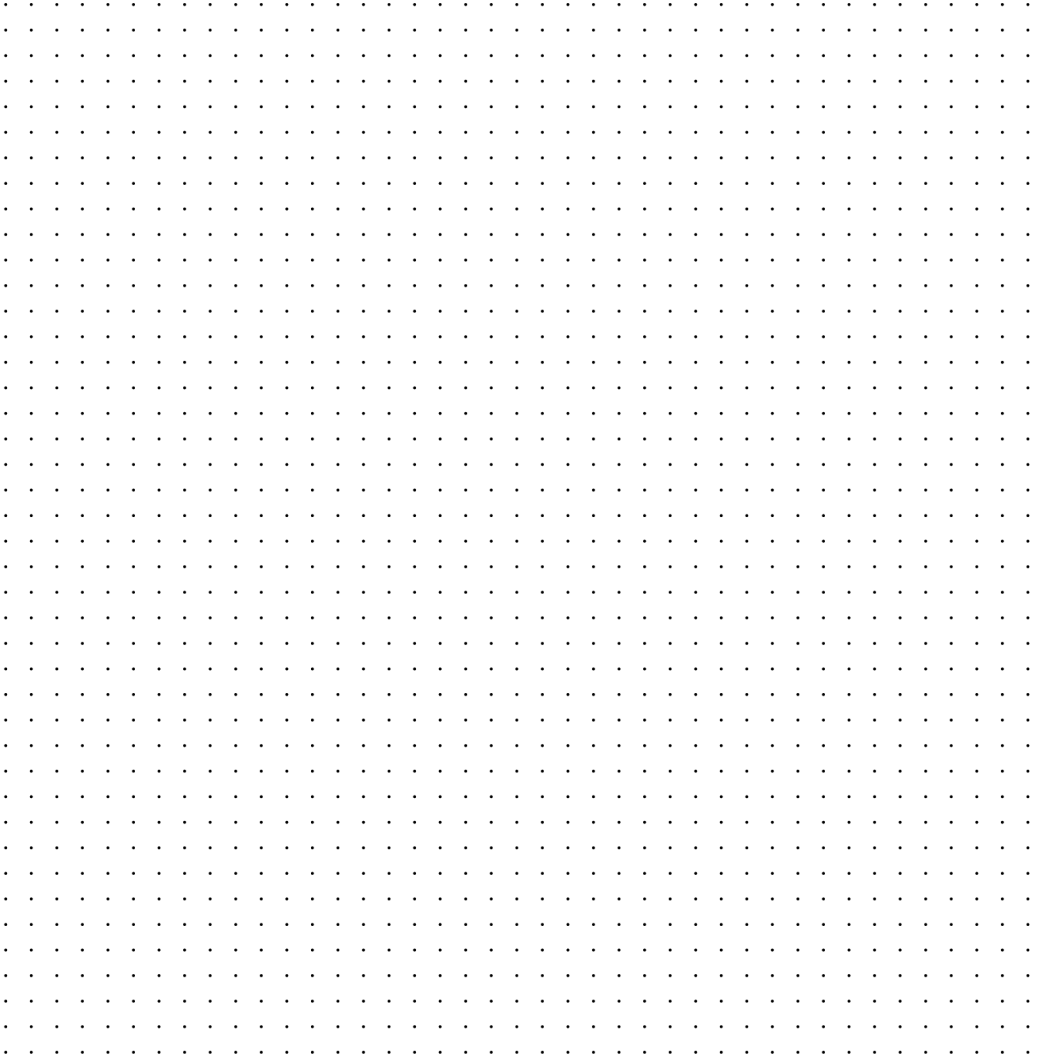


Who could you talk to about it?



Now draw your map below.

(Name it, decorate it, make it yours.)



Every spark starts somewhere.
This could be your beginning.

INVENTION ZONE

Let's Design Something the World Needs

Think of a problem; big or small. Now invent something wild, helpful, or just plain fun to fix it.



What's the problem?



What's your invention called?




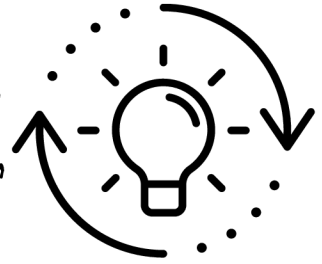
What does it do?



Bonus: Add a “side effect” that’s totally unexpected (like shooting confetti when it’s done working).

DRAW IT: Your Invention Blueprint

 Sketch your invention in action!
Label its parts, show what it fixes,
or draw who it helps.



A large grid of dotted lines for drawing.

yes!

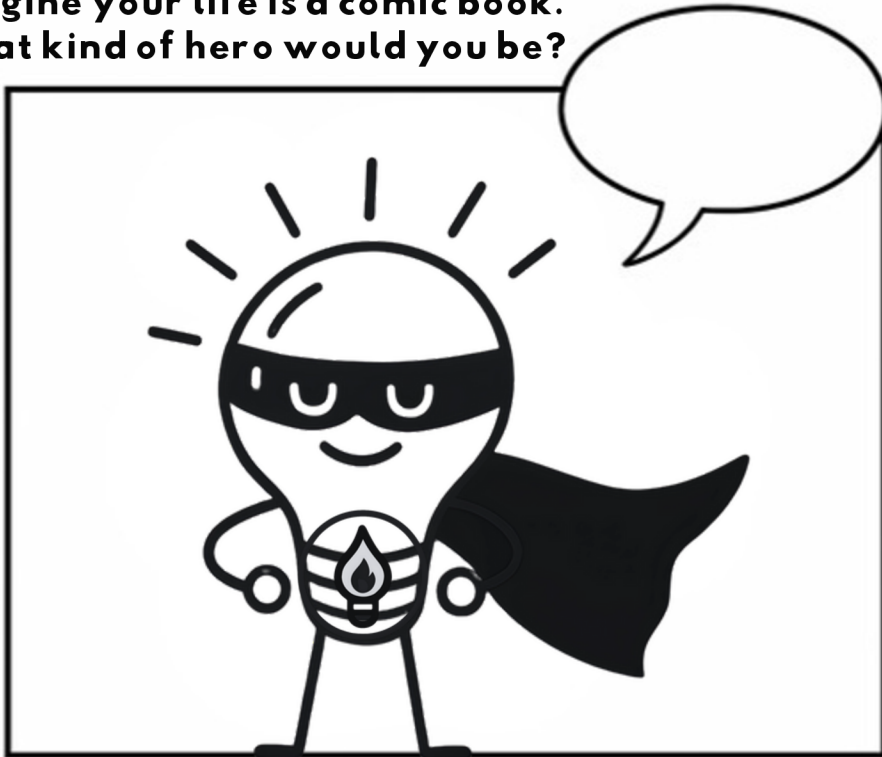
Spark Tip: All great inventions start as ideas. It doesn't have to be perfect. It just has to be yours.



SPARK HERO MODE

You're the Star of the Story

Imagine your life is a comic book.
What kind of hero would you be?



My power is:

.....

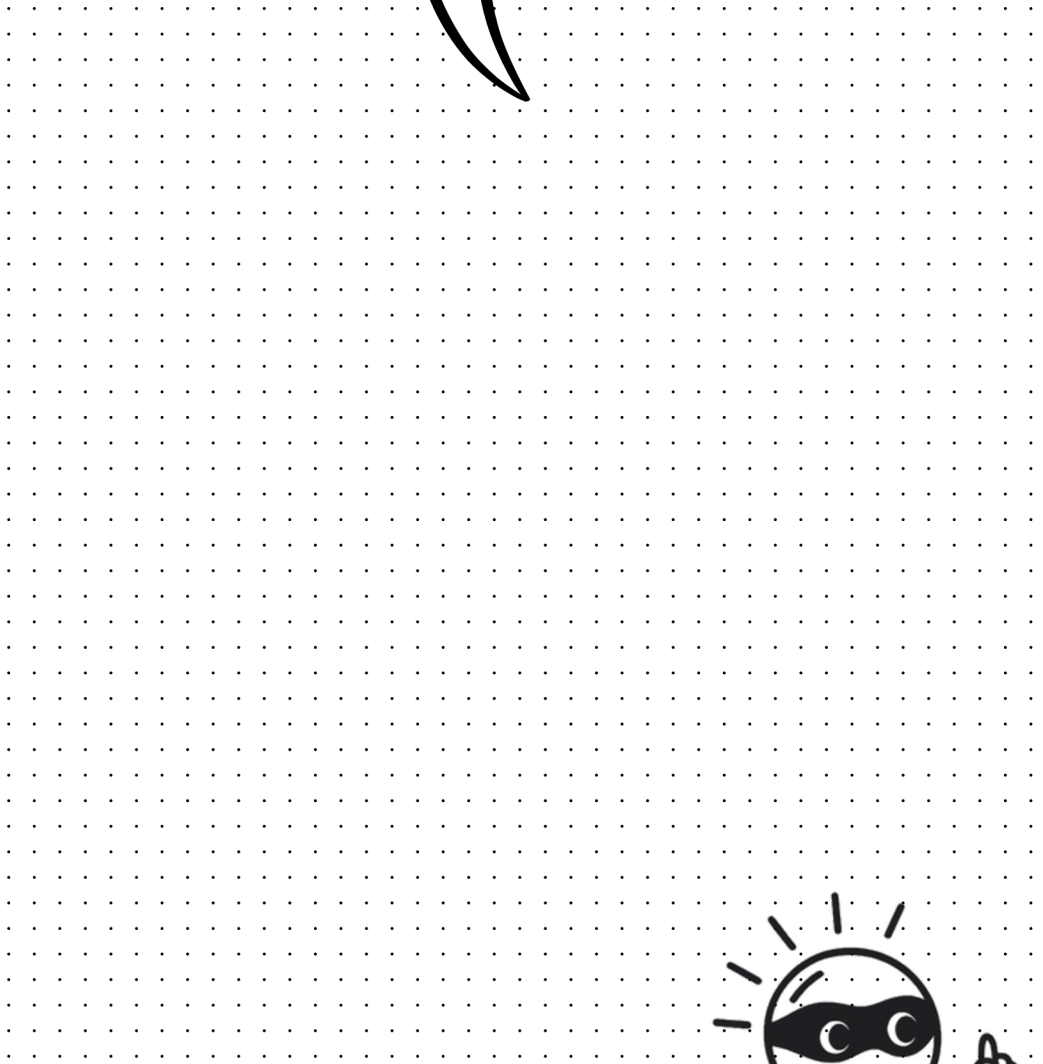
My mission is:

.....

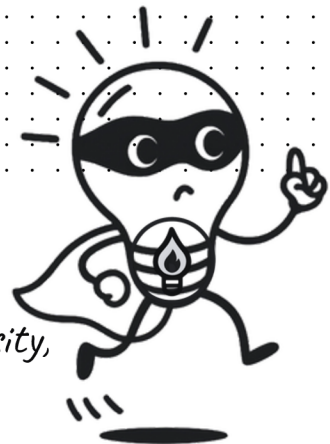
My catchphrase:

.....

Draw a scene from your comic life! Start with one thing that made you feel strong, smart, or super YOU this week. Then draw it in 3 panels like a comic strip!



Spark Tip: Heroes don't need capes. Sometimes courage looks like kindness, curiosity, or asking good questions.





The Spark Anthem

🎵 Every spark has a sound. What's yours?



Write a few song lyrics that tell the world who you are:

Optional bonus: Give your song a title! 🎵

Design Your Album Cover

Draw what the "Song of Me" album would look like.



Add symbols, colors, or characters

that show your vibe.



A large grid of dots for drawing the album cover.

Spark Tip:

Your life already has a rhythm. Listen for it.



IMAGINE THAT!

What if the world worked differently?

Choose one or invent your own



Now pick one and go wild:
What would happen? Who's involved?
Tell the story or the scene.

MAKE A POSTER ABOUT YOUR "WHAT IF" WORLD.
ADD HEADLINES, DOODLES, OR IMPORTANT RULES
FROM THAT UNIVERSE!



A large rectangular area filled with a grid of small dots, intended for drawing a poster.

WHAT ?

THE BANANA CROWN FLASHLIGHT GAME

Create a character using all three things:



Banana



crown

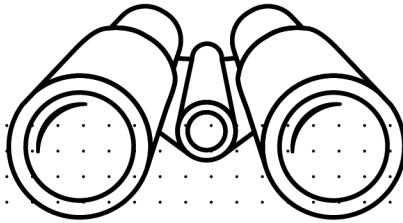


Flashlight





**What's their name? Where do they live?
What's their job?**

Draw the Character & Their Adventure
Use your imagination: Where are they going?
What challenge do they face?



A large rectangular area filled with a grid of small dots, intended for drawing a character and their adventure.

Spark Tip: Silly doesn't mean pointless. 
 **It means your brain is doing gymnastics.**



Turn Complaints into Power

Everyone complains sometimes.
But what if each complaint is really
a clue to a spark?

Try this:

X Complaint:

**There's
nothing to
do!**



Spark Swap:

What could I
create or try
right now?

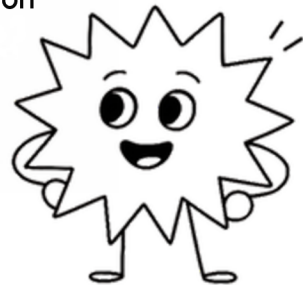
X Complaint:

**Nobody
listens
to me!**

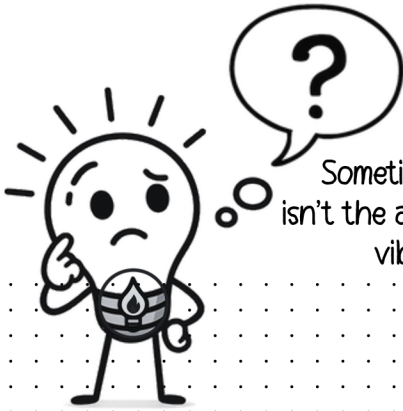


Spark Swap:

What question
could help
us connect?




**Now it's your turn. Write one complaint or problem.
Turn it into a question or idea.**

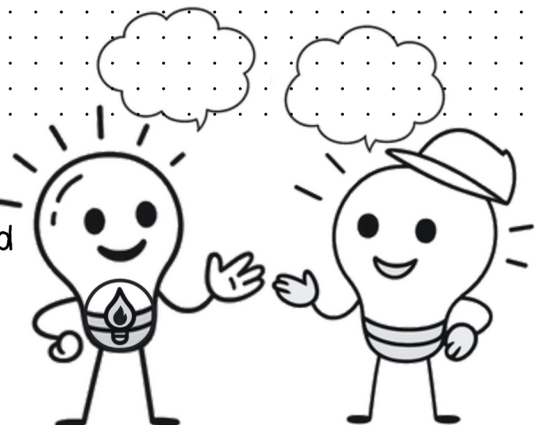


WHAT IF YOU'RE THE SPARK?

Sometimes waiting for someone else to fix something isn't the answer. What could you do right now to shift the vibe, change the story, or spark a solution?

A large area of dotted lines for writing.

 Or talk it out with someone. Ask: "Have you ever turned a bad moment into something better? How?"



Help a Dream Grow

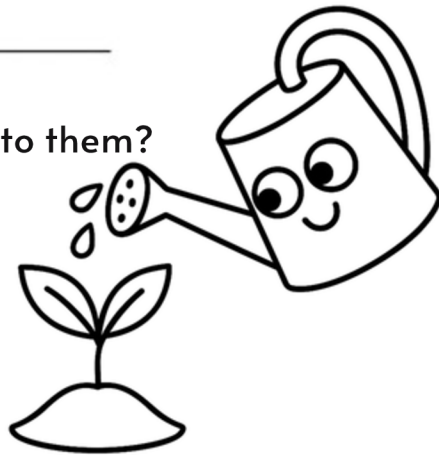
You're not the only one with a spark.
Other people have dreams too,
and you can be part of them.



 Pick someone you know
with a goal or dream:

 What's their dream?

 Why does it matter to them?



How could you help (even in a small way)?

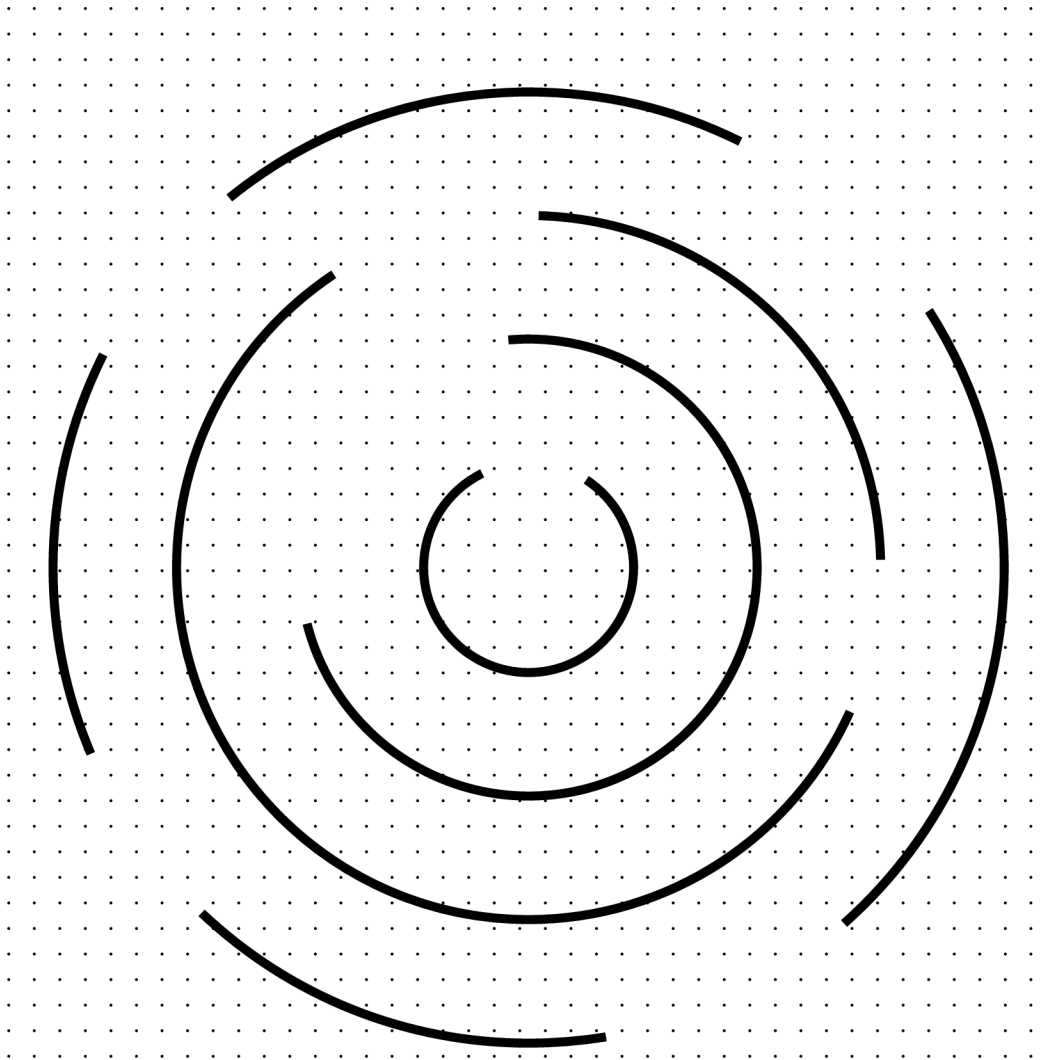
.....

.....

.....

Create a “ripple map”:
Put the person’s name in the center. Around them,
write the ways your support might help them...

Ask: “What’s a dream someone helped YOU with?”



Helping someone else’s spark
grow doesn’t dim yours,
it expands it.



PEOPLE WHO INSPIRE ME

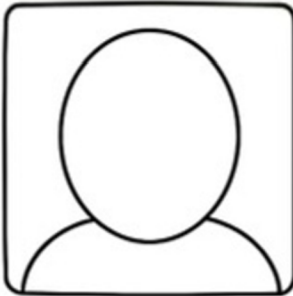
What to Do:

Let's build your personal hero gallery.
Pick 3 people you admire - real or fictional,
famous or not. Then tell us why they made
the list!



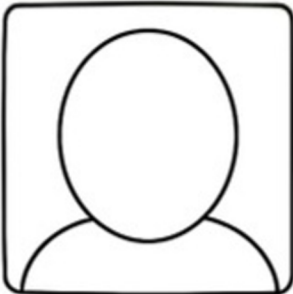
Name:

Why?:



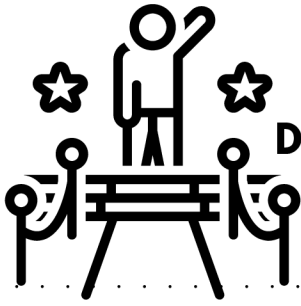
Name:

Why?:



Name:

Why?:



"Wall of Fame"

Draw speech bubbles, or write what they'd say to cheer you on.

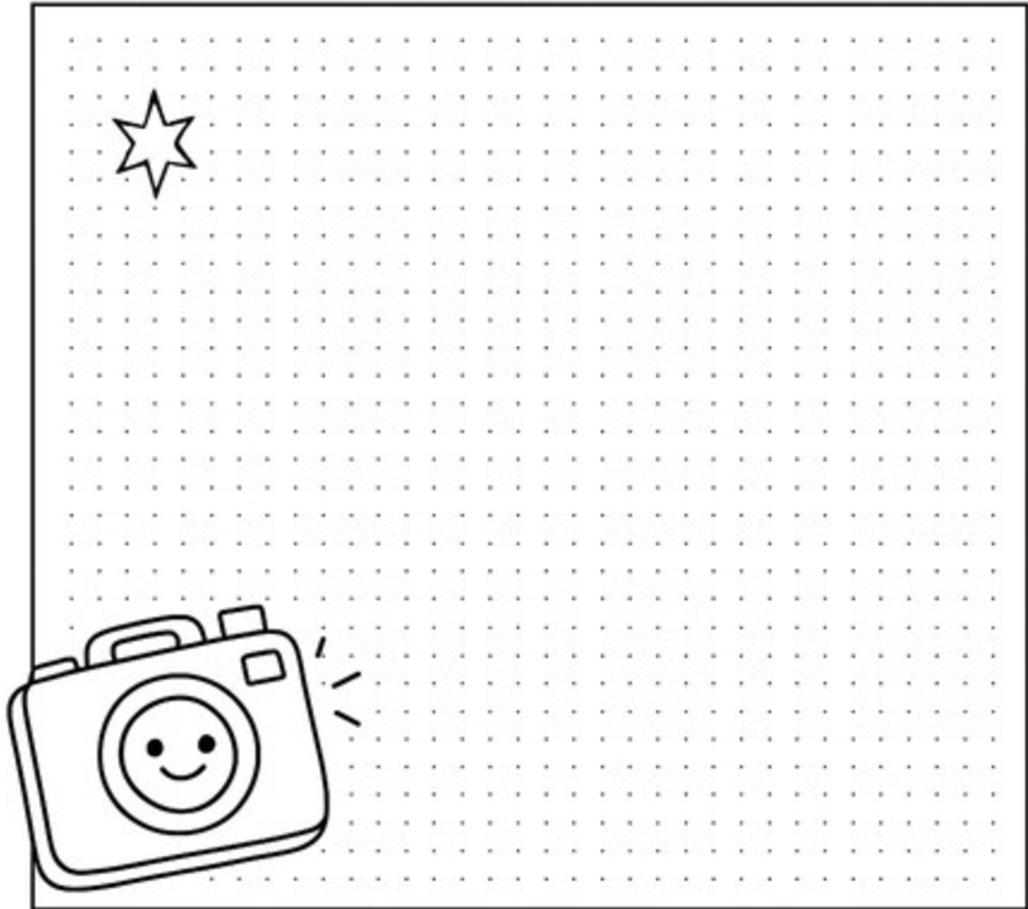
A large rectangular area filled with a grid of small dots, intended for drawing or writing.



★ Bonus: What do all your heroes have in common?

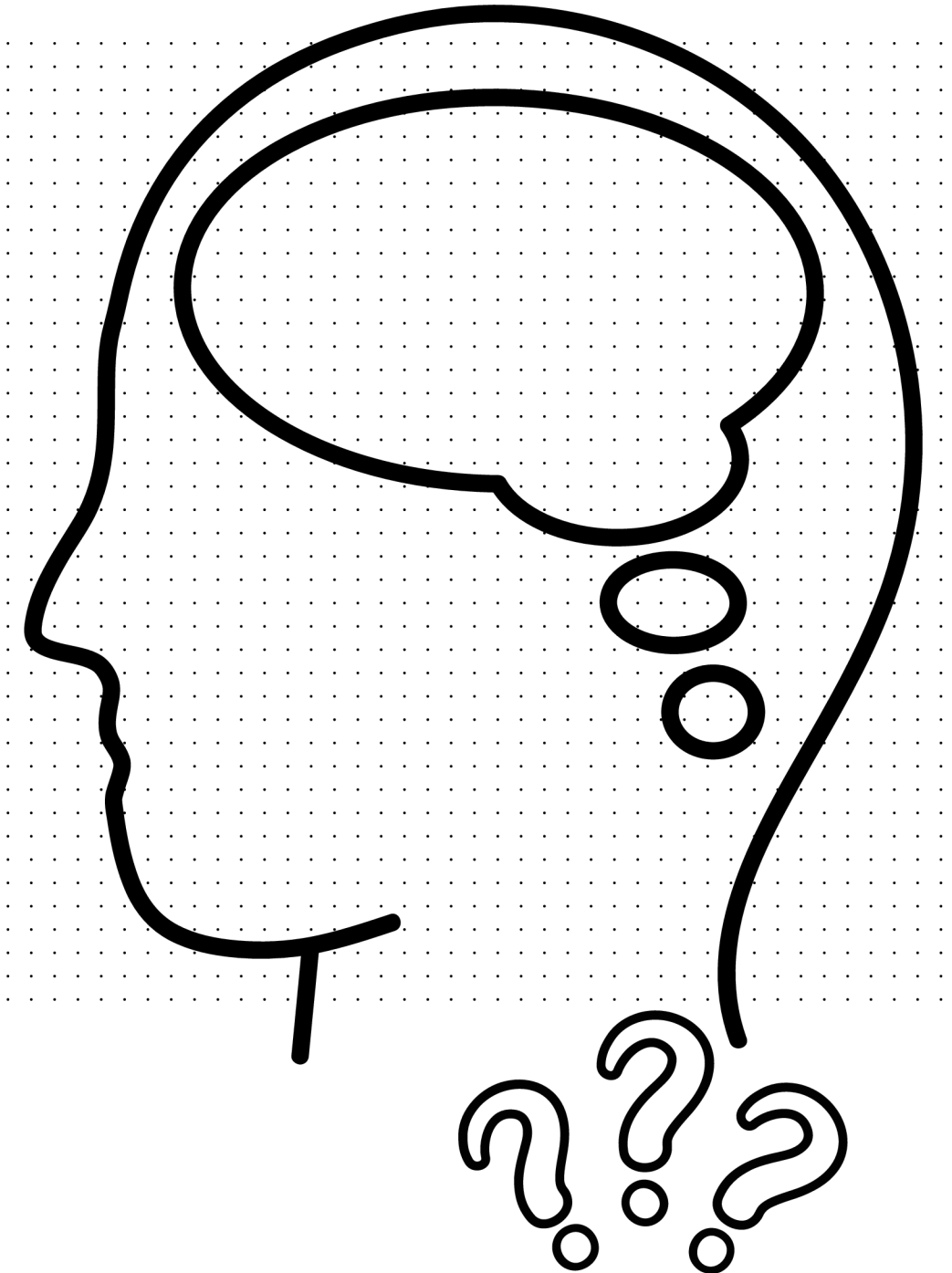
A Moment I'll Never Forget

WHAT TO DO: Can you think of one memory that makes you smile? Write or draw it like a snapshot in your brain.



- Where were you?
- Who was with you?
- What happened?
- What made it special?

"Zoom In!"
Recreate the scene:
What would someone say in a speech
bubble about it?



My Proud Spark Moment

▮ What to Do:



Pride doesn't come from being in charge,
it comes from pushing through.

Tell the story of a time you did something hard,
and felt proud of YOU.



What happened?

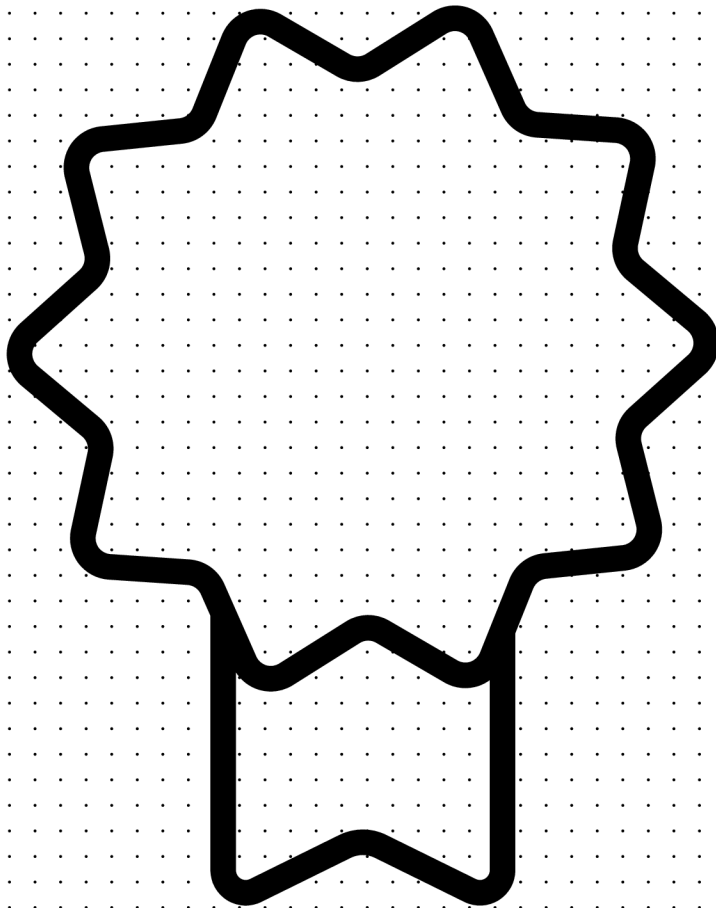


How did it feel?



What did you learn about yourself?

"Proud Badge Design"
Create a badge or medal for that moment.
Give it a name and a motto!



Badge name:

MOTTO:

eg. *"I showed up, even when it was tough."*

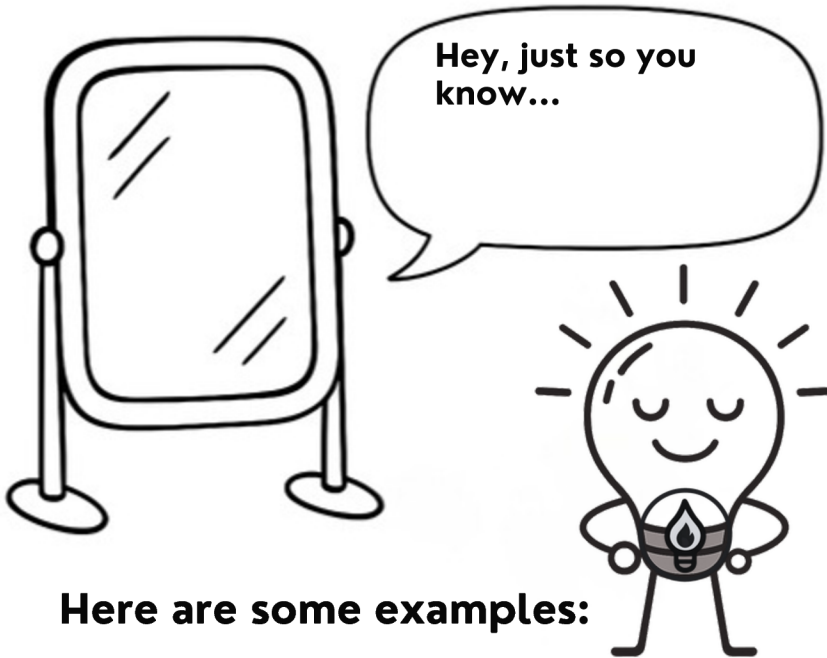


YOUR MIRROR MESSAGE



What to Do:

If you looked in mirror right now,
what kind words would you want to hear?



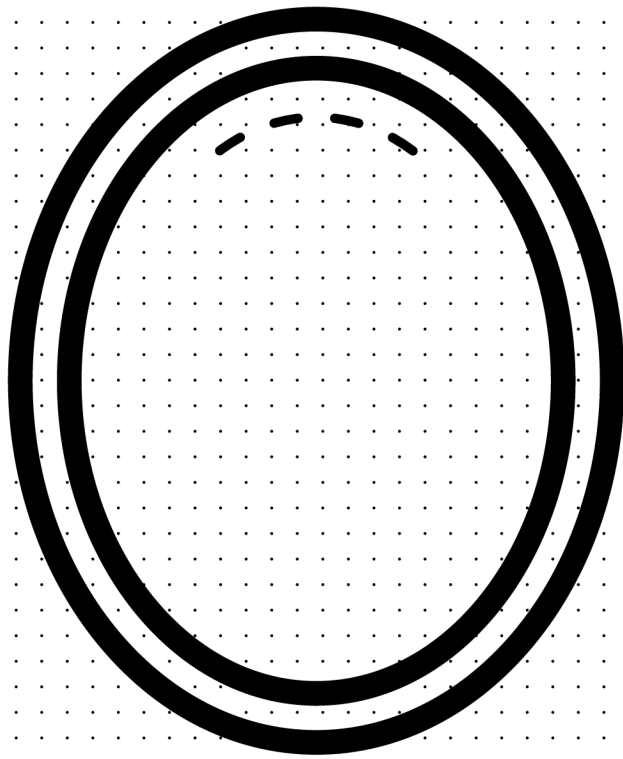
Here are some examples:

"You're doing your best, and that matters."

"You have something special no one else has."

"Even on hard days, you're still amazing."

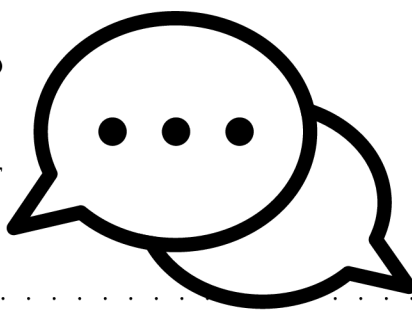
Draw yourself in a mirror. Around the edges, write or doodle kind words, favorite compliments, or reminders to carry with you.



I ♥ Me

Draw you and your grown-up having this talk.

Add speech bubbles, spark symbols, or a fun title for your conversation.



A large rectangular area filled with a grid of small black dots, intended for drawing a conversation scene.

Title:

A large, rounded rectangular speech bubble with a thick black outline and a light gray shadow. It has a tail on the left side that points towards the 'Title:' label.

BUILD-A-FAMILY-CREST

WHAT MAKES US... US?

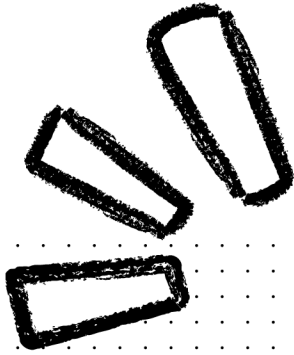
WHAT TO DO:

Imagine your family or team as a special symbol, like a superhero badge! Think of 3-5 things that show what you stand for.

Bravery Big dinners
Creativity Baking
Building things
Traveling
Singing in the car



WRITE YOUR IDEAS:



CREST CREATION STATION

Draw your family crest using symbols, animals, or colors that match your list.

A large grid of small dots for drawing a family crest. The grid is composed of small, evenly spaced dots forming a rectangular area.

MY FAMILY MOTTO IS:



Ask a Big Question to the World

What to Do:

If the whole world stopped and
listen to you for 30 seconds...
What would you ask?



Write your Big Question here:



Why is this question important to you?

Imagine the Answers

Draw or write a few responses you hope people might give.

What would change if more people asked (and answered) your question?





The Compliment Mission



What to Do:

Say something real and kind to two people today. (No "nice shirt" unless you mean it!)

Person 1:

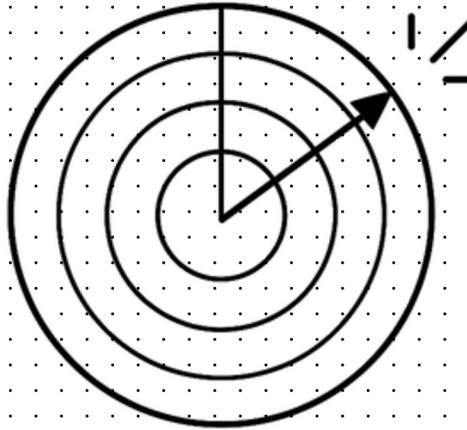
What I said:

Person 2:

What I said:



Mission Debrief



What did you notice afterward?
Did they smile? Say something back.
Circle all that happened:



Smile



Talked more



Felt closer



Surprised



Inspired ME too

WHAT ELSE DID YOU NOTICE?

TIME TOGETHER = SPARK FUEL



What to Do:

Choose one person you love spending time with. Now plan something special to do together this week.



 **Who?** _____

 **What will you do?** _____



When?





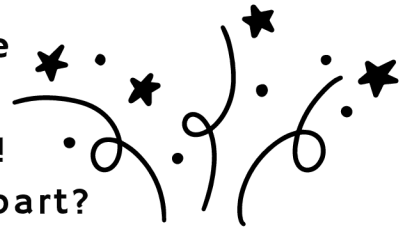
Memory Maker Space

Now draw, write, or

collage the moment!

What was the best part?

Would you do it again?



A large rectangular area filled with a grid of small dots, intended for drawing, writing, or collaging.



The Spark Keeps Going...

 **You did it!**

You explored. You reflected. You created.
You paid attention to what makes you,
YOU, and that's a big deal.

Your spark doesn't stop here.
Every time you ask a new question,
help someone, or try something brave...

**You're building
something powerful.**

So go on.
Keep noticing.
Keep imagining.
Keep becoming.
**Because the world
needs your spark.**



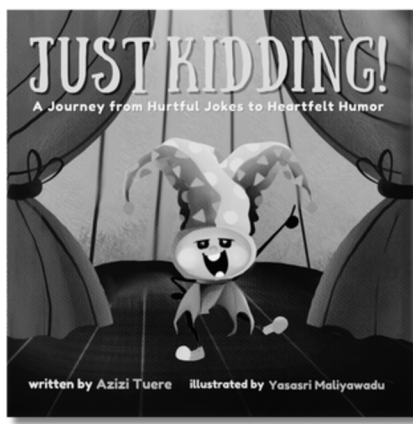
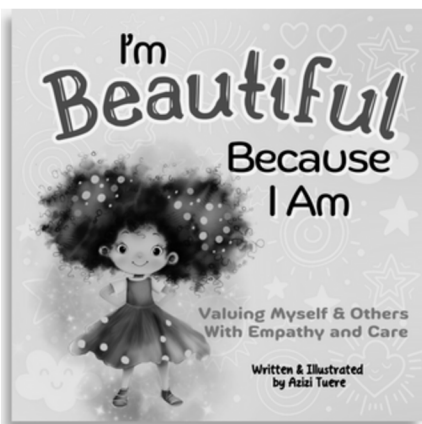
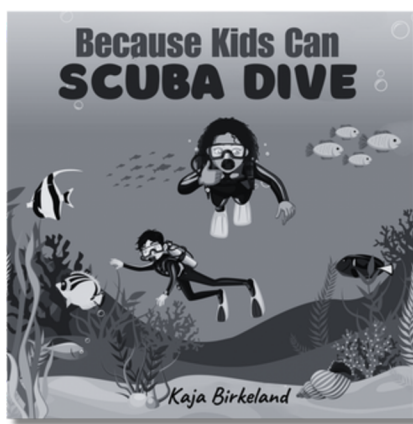
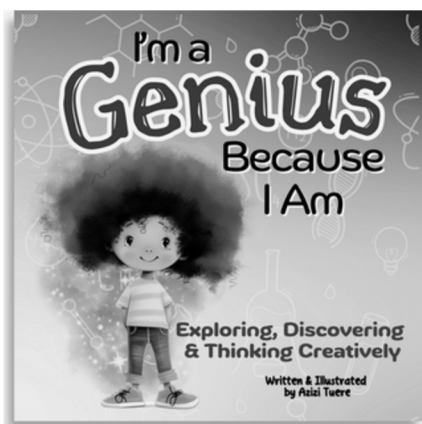
Your SparqMate.

Thank you for your purchase!
Please leave us a review by going to:
go.azizituere.com/sparkreview
or use the QR code.

It helps us to continue to strive
for excellence to bring you
great content.



***...other books from
Let Your Light Shine Press***



THE SPARK BOOK

Inside this book lives a spark!

The kind that helps you figure things out.

Like what to do when you feel wiggly.

Or grumpy.

Or stuck.

Or super full of BIG ideas.

The Spark Book isn't just for reading,
it's for doing.

Drawing. Doodling. Dreaming.

And discovering what makes you... well, YOU.

Flip a page. Grab a pencil.

Let's see what your spark can do.

CREATIVITY

GROWTH

CURIOSITY

Let Your
Light Shine
PRESS

ISBN 978-1-961745-59-9

