



***Frieda B. Meets the Man in the Moon:  
A Tale about Being True to Your Very Best Self***

Dear Parents and Caregivers:

I set out to write *Frieda B. Meets the Man in the Moon* as a romping adventure... which it is. And yet as it unfolded beneath my fingers it also became a sweet, funny and relatable story about the beauty and grace of The Golden Rule:

*Treat others the way you want to be treated.*

At the root of this story is a belief I hold, that we as human beings short-change ourselves on a lot of love. We do it in the name of self-preservation: making sure we're not being taken advantage of, not letting someone get the best of us. And certainly there's value in that; protecting ourselves and the ones we love is important. But how often, in the name of Pride or Inconvenience, do we go on the defensive, only to lose an opportunity for good? And how often do our children exhibit that very same behavior?

In this story, there's ample opportunity for both The Man in the Moon and Frieda to become defensive; it's not a long stretch by any means to imagine The Man in the Moon losing his temper over Frieda's mistake, or Frieda becoming obstinate over the fact that her crashing into the moon *was just an accident.*

Yet there's deep beauty in the giving and receiving of grace, as displayed by each... The Man in the Moon chooses to be honest: to tell Frieda he hurts and he's sad about the mess that's been made. And Frieda chooses to be honest back: to acknowledge what she's done, to apologize, and to make things right. They each choose to follow The Golden Rule. The result?

*"The two who'd been strangers became best of friends."*

The moral of this story is *You are Free to B. True – to yourself and others.* It's quite simple, really, this idea of being true to your very best self... When we treat others the way we'd wish to be treated, we coax (often unexpected) love out of the world and into our lives, opening doors to a sense of well-being that wasn't there before.

And so that is the story that wrote itself into this book. *Frieda, Zilla, The Man in the Moon* and I very much hope it proves to be a source of joy and inspiration to you and the child(ren) you love.

Renata Bowers  
Author of the *Frieda B.* Series of Children's Books

***"Dream your dreams big and believe they can be."***™

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## Frieda B. Meets the Man in the Moon

### *Notes from the Author: Things to talk about with your child.*

Why is the girl in the book named “Frieda B.”? What does that sound like? What do you think it means? [Frieda B. believes that – just like your child - she is free to be whatever, wherever she dreams she can be. She uses her imagination to dream big about the things she’s interested in and cares about. In this story, she dreams about taking a trip to the moon.]

What would you take with you if you were going to the moon? Why? What do Frieda and Zilla take? Where would you like to go with your imagination? What and who would you take with you?

Frieda and Zilla are careening through space at a bed-rattling speed. What do you think the word “careening” means? [To go very fast.] What would it look like if we were careening through space at a bed-rattling speed?

Once they’re in space, Frieda and Zilla become very interested in watching the earth get smaller and smaller. Are they paying attention to where they are going? What sometimes happens when we don’t pay attention? What do you think is going to happen next?

Who does Frieda hurt by crashing into the moon? Did she mean to hurt him? [This provides an opportunity to discuss how sometimes we hurt others when we don’t mean to.]

How does The Man in the Moon respond to Frieda? Does he choose good words to explain to her why he’s sad? [Take this opportunity to act out a few different ways The Man in the Moon could have responded... Show the difference between how he chose to respond, verses acting out of anger or frustration.]

How does Frieda B. respond to The Man in the Moon? Does she make good choices, choose good words? [Again, take this opportunity to act out a few different ways Frieda could have responded... She could have been indifferent, or defensive about the fact that it was *just an accident*. Show the difference between a sincere apology and the common, “I’m sorry, okay?”]

Frieda tells The Man in the Moon she’s going to fix what she’s done if it takes her all night. Does she? Did she need to polish each rock and sweep every last crater? [Talk about what a crater is, how many there are on the moon, and how many rocks there are.] To sweep all the craters and polish all the rocks was an awful lot of work... Why did she do that?

Who helped Frieda clean up? Zilla is a true friend, doing what he can to help Frieda make everything right again. He never leaves her side the whole time.

How does The Man in the Moon feel when Frieda has finished cleaning? Does this make Frieda and Zilla happy, too? How do they celebrate? Frieda B. “made amends” – this means to make everything right.

Who brought the ice cream on the trip? Who saved it when they crashed? So whose ice cream is it, fair and square? Does Zilla *have* to share his ice cream? Do you think it’s a good idea that he does? Why?

Look at the very last picture in the book. Do you think the picture would look like this if The Man in the Moon and Frieda hadn’t treated each other kindly after the crash? How might it look differently? They each chose to follow The Golden Rule: *Treat others the way you want to be treated*. By doing this, “The two who’d been strangers became best of friends.”

This is a very good thing to keep in mind when you’ve been hurt, or have hurt someone. Always, always try to be true to your very best self. Be kind, honest [discuss other words, such as responsible, trustworthy, patient, sorry, forgiving...]. Who knows? You, too, might gain a whole new friend in the end.