

Mitchy the Monkey: Expanded Symbols Guide for Families & Classrooms

A warm, school-approved, family-friendly guide designed for ages 3–8. This document is structured and formatted so you can easily export it to PDF.



MoralCap Mountains

Definition

A symbol of the journeys we take, the challenges we face, and the dreams we climb toward — one step at a time.

Inspiration

The mountains represent the emotional and real-life obstacles families encounter. Some mountains are small (learning a new skill), and some are big (waiting, hoping, growing). The mountains remind children that every climb is made of many little steps, and no one climbs alone.

Family Activity

- **Draw Your Mountain:** Invite your child to draw a mountain and label the “steps” they need to take to reach a goal.
 - **Family Mountain:** Create a shared mountain where each family member adds a step they’re working on.
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New Beginnings Sun

Definition

A symbol of fresh starts, new choices, and the courage to begin again.

Inspiration

The sun rises every day — even after hard nights. This symbol teaches children that mistakes don’t define them and that every day offers a chance to try again with hope and intention.

Family Activity

- **Morning Intention Ritual:** Share one intention each morning.
 - **Sunshine Jar:** Write down “new beginnings” moments and celebrate them weekly.
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Carved Heart (Jack ♥ Diane)

Definition

A symbol of enduring love, connection, and the dreams families build together.

Inspiration

The carved heart is a quiet reminder that love is the foundation of the story — and of many families’ journeys. It represents commitment, hope, and the belief that love can carry us through uncertainty.

Family Activity

- **Heart of People We Love:** Draw a heart and fill it with names of people who care about your child.
 - **Love Notes:** Encourage children to write or dictate small notes of appreciation.
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Orange Gift Box

Definition

A symbol of the present moment, unexpected gifts, and the magic of what we don’t yet understand.

Inspiration

Sometimes life surprises us — with moments, people, or opportunities we didn’t see coming. The orange box represents curiosity, wonder, and the idea that something beautiful may be waiting inside the unknown.

In the story, the orange box is something Jack and Diane let go of during a time of waiting and uncertainty. When it returns to them later — at the moment their family is complete — it becomes a symbol of full-circle hope. It reminds children and families that sometimes we release things before we understand their purpose, and life has a way of returning what is meant for us.

Family Activity

- **Gratitude Box:** Decorate a box and add one thankful thought each day.
 - **Return Box Ritual:** Have your child place a small drawing or object into a decorated box. Put it away for a week. When it “returns,” talk about how feelings, dreams, and memories can come back to us in surprising ways.
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Pineapple

Definition

A symbol of infertility, hospitality, courage, and emotional openness.

Inspiration

The pineapple is a quiet nod to families who have walked difficult paths. It also represents warmth and welcome — the courage to share your story and the kindness to listen to others.

Family Activity

- **Welcome Ritual:** Talk about what it means to make others feel welcome.
 - **Feelings Fruit:** Use the pineapple to start conversations about emotions.
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Skateboard

Definition

A symbol of adversity, mistakes, and the transformations that follow.

Inspiration

The skateboard moment in the story is a turning point — a reminder that setbacks can lead to breakthroughs. It teaches children that mistakes are part of learning and that every stumble can help us grow.

Family Activity

- **Mistake Moments:** Share a time you learned from a mistake.
- **Try Again Challenge:** Celebrate each attempt at a new skill.



Blue Bow Tie

Definition

A symbol of hope, identity, and cherished memories.

Inspiration

Inspired by family traditions and the dream of a child, the bow tie represents care, connection, and the beauty of small rituals.

Family Activity

- **Identity Item:** Let your child choose an object that represents who they are.
 - **Memory Moment:** Share a meaningful story from your own childhood.
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Pink Bow

Definition

A symbol of tenderness, possibility, and emotional depth.

Inspiration

When paired with the blue bow, it echoes the infertility ribbon — a quiet tribute to the journey many families walk. It also represents empathy and compassion.

Family Activity

- **Color Your Feelings:** Match emotions to colors.
 - **Kindness Bow:** Add a paper bow to a chain each time your child shows kindness.
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Adoption Symbol

Definition

A symbol of belonging, chosen family, and the joy of finding your place.

Inspiration

This symbol honors families formed through love, not biology. It celebrates the moment Mitchy is welcomed into Jack and Diane’s family — a moment of belonging and unconditional love.

Family Activity

- **Family Tree of Love:** Create a tree showing all the people who care about your child.
 - **Belonging Talk:** Discuss what makes your family special.
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★ Using the Find-It Activity

The Find-It symbols encourage children to observe closely and engage with the story. Use them to build attention skills, emotional vocabulary, and connection.

- “Can you find the mountains? What do you think they means?”
 - “Find the skateboard — what moment changed your day?”
 - “Find the carved heart — who do you love?”
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★ Dream List Activity

A simple bedtime ritual that helps children express hopes, fears, and wishes.

- Ask your child to share one dream or wish each night.
 - Write it down together in a special notebook.
 - Revisit the list to celebrate growth and imagination.
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Closing Message

Every symbol in Mitchy the Monkey is an invitation — to talk, imagine, and dream. Whether you’re a parent, teacher, or counselor, this guide helps you connect more deeply with the children in your life and nurture emotional growth through story and play.