

BOOK CLUB KIT

Sophia Sprite and the Sasquatch Secret

Everything you need to run a great book club: a reading plan, icebreakers, a clan quiz, discussion questions, trivia, snacks, and a letter from the author



BOOK 1 OF THE SOPHIA
SPRITE SERIES

AUTHOR

Brian Young

GOOD FOR

Kid and tween book clubs, family read-alongs, library programs, classroom reading circles

AGES

10 and up

MEETINGS

One-meeting and three-meeting plans included

AUDIOBOOK

Narrated by Audie Award winner Bahni Turpin

Free to print and share. Snacks not included, sadly.

BRIANYOUNGAUTHOR.COM · HELLO@BRIANYOUNGAUTHOR.COM

Hello, Book Club

Hi. I'm Brian, and I wrote the book you're about to argue about.

I want to tell you one thing before you start. When I was Sophia's age, I was the new kid more than once, and I spent a lot of time in the back of rooms figuring out where I fit. I never found a Bigfoot in the woods. I did eventually find my people, and that is really what this book is about. The Sasquatch is the fun part. The friends are the point.

So here's my request. Argue. Disagree with each other. Disagree with me. Decide who was bravest and whether Grace deserved forgiveness and whether Drenna's breakfast was actually edible. There are no wrong answers in this kit, except for the trivia, where there are definitely wrong answers.

If your club wants to ask me something, email hello@brianyoungauthor.com. I answer every message, and I do free short video visits with clubs when I can. Send a photo of your group and I will probably put it on my fridge.

Thanks for reading. Have fun down there.

Brian

The book in sixty seconds (no spoilers)

Sophia Sprite is fourteen, a soccer player, and suddenly an orphan. She moves from Seattle to Elwha, Washington, the self-declared Bigfoot Capital of Washington, to live with a grandfather she barely knows. His house is covered in blurry photographs and footprint casts, and the whole town thinks he's lost it. Then Sophia finds a whistle among her mother's things, blows it, and discovers that her mother had a secret life, Bigfoot is real, and something very old under the mountains has been waiting a long time to make its move.

Also there is an eight-inch leprechaun named Declan, and he is not here to be cute.

How to use this kit

Pick a plan (one meeting or three), print the pages you want, and skip anything that doesn't fit your group. The questions are written for kids to answer, but grown-ups are welcome to have opinions too. Pages marked as handouts can be copied for every member.

FOR THE GROWN-UPS: WHAT'S IN THE BOOK

Sophia's parents die in a rockslide before the story begins, and grief runs through the whole book. There is bullying at school (mean notes and insults), fantasy peril, and a climactic fight in which two guards are killed. A character describes, in his own words and without graphic detail, a massacre of his people centuries ago. The villain argues that humanity should be wiped out to save the planet, which makes for a great conversation about extremism and good intentions. One teen couple breaks up over a serious moral choice. Language is clean apart from a couple of mild "hells." Most readers 10 and up handle it fine; the audiobook sample is a good way to preview the tone.

Pick Your Plan

One meeting (whole book)

Read the whole book, then meet once for 60 to 90 minutes. Suggested order: an icebreaker (5 min), the Clan Quiz (10 min), six to eight questions you pick from the three meeting lists (40 min), the superlatives vote (10 min), trivia and snacks (15 min).

Three meetings

MEETING	READ	WHERE YOU STOP	WHAT TO BRING
1	Chapters 1 to 10	Sophia has stepped through the shimmer, met the Council, and has a portal key on her wrist	Bigfoot Believer icebreaker, Meeting 1 questions, Sighting Report handout
2	Chapters 11 to 20	"The endgame was beginning." Sophia has her mother's evidence and a plan	Would You Rather, Meeting 2 questions, Drenna's Dictionary
3	Chapters 21 to 29	The end	Clan Quiz results, Meeting 3 questions, superlatives, trivia, a snack that is not carbonized

LISTENING INSTEAD OF READING?

The audiobook is read by Bahni Turpin, who has won the Audie Award and does all four voices in the Chapter 1 sample (Sophia, her mom, her dad, and the minister). Chapter 1 is free at brianyoungauthor.com, no sign-up. Some clubs read the book and listen to a chapter together at each meeting to compare how a narrator performs a scene.

Icebreakers

The Bigfoot Believer Scale **5 MIN**

Everyone stands on an imaginary line across the room. One end is “Bigfoot is definitely real and I have a plan to find him.” The other end is “Bigfoot is a guy in a costume and I feel sorry for the guy.” Each person says where they’re standing and why, in one sentence. Then ask: where would Richard stand? Bernard? Olivia? Grace?

Would You Rather **5 TO 10 MIN**

- Take the memory wipe, or step through the shimmer?
- Be eight inches tall for a week, or ten feet tall for one day?
- Eat Drenna’s breakfast, or a glowing Deephollow appetizer that might be alive?
- Inherit Richard’s corkboard of blurry photos, or Olivia’s laptop full of encrypted files?
- Have a cloak that makes people’s eyes slide off you, or a whistle only the right people can hear?
- Be the new kid in a town where everyone knows your grandfather is “the Bigfoot guy,” or the new kid nobody knows anything about?
- Play soccer against Ashnaka, or chess against Torvak?
- Spend a day with Declan, or a day with Drenna? (Be honest.)

Two Truths and a Sighting **10 MIN**

Each person shares three “sightings” from their own life: two true strange things they have actually seen, and one made up. The group votes on which one is the fake. The winner gets to be Kivara for the rest of the meeting and may bang on the table for order.

Which Clan Are You?

Name: _____ Date: _____

The Northborn are divided into five clans. Circle one answer for each question, then count your letters.

1. Your friend is being picked on in the hallway. You: A. Step between them. B. Check on your friend afterward. C. Figure out a plan to make it stop for good. D. Remember exactly what was said, in case it matters later. E. Say something so funny the bully loses the room.

2. It's a free Saturday. You: A. Pickup game, any sport. B. Hang out with family or help somebody with something. C. Take something apart to see how it works. D. Watch a documentary or read a very long book. E. Draw, make music, or film something.

3. Pick one thing from the book to keep: A. Ashnaka's strength. B. A Thornvale healing room. C. Olivia's junk-parts device. D. Marsha's memory card of evidence. E. The Deephollow dance hall.

4. In a group project you are the one who: A. Takes charge. B. Keeps everyone calm. C. Builds the thing. D. Does the research. E. Makes it look amazing.

5. Someone says Bigfoot isn't real. You say: A. "Want to go look?" B. "Why does it bother you so much?" C. "What evidence would convince you?" D. "Actually, here's the whole history." E. "Hold on, let me draw you one."

6. Your biggest fear is: A. Being helpless when it counts. B. Someone I love getting hurt. C. A problem with no solution. D. Forgetting something important. E. Being boring.

7. Favorite character: A. Ashnaka. B. Aytha. C. Olivia. D. Torvak. E. Drenna.

8. Pick a motto: A. "Being terrified and doing it anyway." B. "I know. I see it." C. "Emotion got us here. Logic gets us through." D. "Absence of proof isn't proof of absence." E. "Very main character energy."

My letters: A ____ B ____ C ____ D ____ E ____

Mostly A: Clan Stornath. The warriors and border guards. You act first and protect your people, like Ashnaka. Watch out: Rothgar is Stornath too. Courage without questions can go wrong.

Mostly B: Clan Thornvale. The healers. You notice who is hurting and you show up. The Thornvale healers are the ones who splint Declan's arm and patch Ashnaka's shoulder.

Mostly C: Clan Ashwood. The builders and inventors. You want to know how things work, like Tessra and her lab. Remember that Ashwood built the HARE, and Kragorth's people twisted it. Builders have to decide what their inventions are for.

Mostly D: Clan Valdris. The record keepers. You remember everything and you want the facts straight, like Marsha with her ten years of organized files. The Council could not have acted without the record.

Mostly E: Clan Deephollow. The artists. You make things beautiful and you dance like nobody is grading you. Drenna says everything beautiful underground was made by Deephollow hands.

A tie? Congratulations, you're a hybrid. Drenna would like a word.

Meeting 1: Chapters 1 to 10

Sophia loses everything, moves to the Bigfoot Capital of Washington, finds her mother's whistle, meets a leprechaun and a seven-foot Northborn, and steps through the shimmer into a world under the mountains.

- 1 First impressions. Sophia's new bedroom is very, very pink. What would you have done with it? What does the pink room tell you about Richard, even though he never says a word about it?
- 2 Richard's house is full of blurry photos and plaster footprints. If your grandfather had a house like that, would you be embarrassed, curious, or both? Does your answer change by the end of Chapter 10?
- 3 Sophia meets three kids on her first day: Olivia, Lucas, and Grace. Rank them from "most like someone I know" to "least." Explain.
- 4 On the walk home from his grandfather's research center, Lucas says, "Absence of proof isn't proof of absence." Say it in your own words. Then think of something in real life that was true before anyone could prove it.
- 5 The key keeps coming back. The garbage disposal does not help. At what point would you have given up and just kept the key? What would you have thought was happening?
- 6 Declan is eight inches tall, four hundred years old, and in a bad mood. What is the first thing he says or does that makes you take him seriously?
- 7 Volume equals range, intent equals precision. If you had the whistle, who would you call, and how carefully would you have to think about it?
- 8 Ashnaka gives Sophia a choice: forget everything, or come with her. Be honest. Which would you choose, and what would be the hardest part about either one?
- 9 The Northborn call themselves the Vorath, "the ones who remember." Humans call them Bigfoot. How would you feel if the whole world knew you by a nickname you never picked?
- 10 Five clans: warriors, healers, builders, record keepers, artists. Before you take the quiz, guess which clan each person in your club belongs to. Then take the quiz and see who was right.

SPOT THE CLUE

The author hides things in plain sight. In Chapter 1, Sophia's dad catches a falling creamer with a hand that "blurred." In Chapter 2, Richard says there's a lot about Marsha that Sophia doesn't know. Have each member find one more clue from Chapters 1 to 10 that turns out to matter later. Keep a running list through all three meetings.

Meeting 2: Chapters 11 to 20

Sophia learns to walk between worlds, meets Drenna, trusts Lucas and Olivia with the secret, hears Declan's story, finds her mother's hidden evidence, and watches the villain alone in his chamber with a child's drawing.

- 1 Richard tells Sophia, "The weight doesn't get lighter, you get stronger." Do you believe that? Has anyone ever told you something about a hard time that turned out to be true?
- 2 Drenna arrives and immediately changes the mood. Read your favorite Drenna line out loud. Why do you think the author put a character who talks like the internet inside a civilization that is sixty thousand years old?
- 3 Sophia finds Grace crying, and then Grace helps a freshman. Did either moment change how you feel about Grace? Should it?
- 4 Sophia breaks the rules and tells Lucas and Olivia. Was that the right call? What is the difference between a secret you keep to protect someone and a secret you keep because you're scared?
- 5 Lucas finally stands up to Rothgar and calls courage "being terrified and doing it anyway." Compare that to the hallway in Chapter 7 when he froze. What changed? Has anything like that ever changed in you?
- 6 Declan tells Sophia about the night in Ireland. He has never told anyone the whole story. Why do you think he tells her now? Why do you think the author let him tell it in his own words instead of showing it as a scene?
- 7 The music box had a second keyhole the whole time, and the key was the charm on a necklace Sophia never wore. What does that tell you about Marsha? What does it feel like to realize someone was planning to protect you years in advance?
- 8 Lucas calls Sophia at night because he had to sit through dinner with his grandfather, who has spent his life searching for proof Lucas now has in his pocket. What would you do in his place? Could you keep that secret from someone you love?
- 9 Chapter 20 opens with Kragorth alone, looking at a drawing a six-year-old gave him three hundred years ago "so you won't be lonely." Why would the author show us this? Did it make you feel anything for him?
- 10 At the celebration, Sophia convinces Aytha to help even though it means going against Rothgar. If a friend of yours was getting pulled into something bad, what would it take for you to say something?

DRENNA'S DICTIONARY

Drenna is fluent in internet. The grown-ups in your club might not be. Read each phrase and let the adults guess what it means; the kids grade them. Then pick one and “translate it for Torvak,” rewriting it the way a several-thousand-year-old elder would say it.

No cap · Very demure, very mindful · Main character energy · This could have been a text · The GOAT · Chronically online · Shook · Ride or die · Peak character development · Bestie

Meeting 3: Chapters 21 to 29

The Council, the raid, the confession, the broadcast, the whistle, and the aftermath: Torvak leaves, Richard finally gets the truth, and Grace shows up on the porch.

- 1 Declan testifies before the Council. Kivara enters it into the record and says, “You are no longer alone.” Why does being officially heard matter so much, even when the Council doesn’t act yet?
- 2 Olivia gets everyone through the barrier with parts Tessra called junk. Drenna calls her “a dangerous nerd. The best kind.” Who in your life is a dangerous nerd? (Say it kindly.)
- 3 When Lucas is captured, Sophia hands the evidence to Olivia and steps forward. Torvak would say the mission matters more than one person. Who’s right? Vote, then argue.
- 4 Kragorth admits he killed Sophia’s mother and calls her father “collateral damage,” a little too quickly. What do you think he’s hiding? Write down your prediction and seal it for Book 2.
- 5 Olivia loses her scholarship chance while saving the world and says, “I just need a second to be upset about it.” Is it okay to be sad about a small thing in the middle of a huge thing? Has that ever happened to you?
- 6 Lucas charges Kragorth while still crying, still terrified, still inside the mental attack. Is that braver than if he had felt no fear? Why?
- 7 Declan finally gets his chance at revenge and turns it down: “I’m going to live.” Were you disappointed or relieved? What do you think revenge would have done to him?
- 8 Aytha tells Rothgar, “Love doesn’t erase what you helped him do.” Then she has the guards take him. Was she right? Could you have done it?
- 9 The whistle saves Kivara but leaves Sophia with ringing in her ear that may never go away. Why do you think the author made the magic cost something? Would the ending be better or worse if it were free?
- 10 Torvak admits he prepared Sophia’s family for years. Sophia says, “You used me.” He says, “I prepared you. There is a difference.” Is there?
- 11 Richard waited fifty years, and then Ashnaka kneels in his living room. Read that scene aloud. Who in the room is the bravest: Richard, Ashnaka, or Sophia for making it happen?

12

Grace apologizes. Sophia tells her she's not crazy, but she does not forgive her. Was that fair? Would you have forgiven Grace? Does "not yet" count as an answer?

13

Last question. The dedication says, "For anyone who ever felt like they didn't belong, until they found their people." Who are Sophia's people at the end? Go around the circle and say who yours are.

Superlatives and Final Votes

Vote as a group. Ties are settled by whoever is being Kivara.

Best line in the book

Everyone nominates one.
Read them aloud. Vote.

Most Drenna moment

The burnt breakfast is a strong contender. So is "Brick Boy."

Bravest moment

Lucas's charge? Aytha's testimony? Declan on the floorboards? Sophia and the whistle?

Character who changed the most

Sophia, Lucas, Aytha, Richard, Grace, or Declan. Defend your pick with one scene.

Scene you'd put in the movie trailer

And who plays Ashnaka?

Question you most want to ask the author

Write it down. Then actually send it:
hello@brianyoungauthor.com

Cast the movie

Go around the circle: who plays Sophia, Lucas, Olivia, Drenna, Richard, and Declan? (Declan may be played by an actor of any height; that's what special effects are for.) Who narrates the trailer? What song plays over the shimmer scene?

Book 2 predictions

Sophia Sprite and the Banshee Bargain moves the story to Ireland. Declan has gone to look for other survivors near Belfast. Kragorth answered the question about Sophia's father a little too smoothly. Sophia's ear is still ringing. Write three predictions as a group, seal them in an envelope, and open it when Book 2 comes out.

Activities

Richard's evidence board

Cover a wall or a poster with “evidence” for a claim about the book: “Torvak planned everything,” “Grace is actually changing,” or “Sophia’s dad was more than he seemed.” Pin quotes, page numbers, and string. Present it like Richard would, and let the club decide if they’re convinced.

Design your clan crest

Draw a symbol for your quiz result, or invent a sixth clan. What do they do, what do they value, and what do the other clans whisper about them?

Write the rules of your whistle

The whistle has two rules and a cost. Invent a magical object of your own. Give it three rules and one price, then write the scene where the price comes due.

The visible and the hidden

Olivia draws a diagram of Sophia’s life: what people can see, and what’s underneath. Draw one for any character. Then, if you want, draw one for yourself. You don’t have to show anyone.

Soundtrack the shimmer

Pick a song for five moments: the pink room, the first whistle, the Deephollow dance, the raid, and the porch with Grace. Play thirty seconds of each and explain your choice.

Letters to Brian

Write a letter to the author with one question and one opinion. Mail it or email it. He writes back. Classes and clubs that send letters get letters.

Snacks that fit the book

- **Drenna’s breakfast, redeemed.** Make something caramelized on purpose: caramelized apples or onions on toast. The challenge is to not carbonize it.
- **Deephollow glowing appetizers.** Fruit skewers or gummies served next to glow sticks, or anything you can make look faintly suspicious under a blacklight.
- **Fermented honey, kid version.** Honey lemonade or honey iced tea, served in the biggest mug you own.
- **Trail mix for the sealed tunnels.** Anything you’d want in your pockets if you were about to crawl through the dark with Aytha.
- **Campfire sighting.** S’mores. Someone has to tell the story of the 1976 sighting while they toast.

Sighting Report

Witness: _____ Date of sighting: _____

Richard and Bernard have been collecting these for fifty years. Fill one out for a real strange thing you have seen, or for a scene from the book as one of the characters would report it. Then present it to the club. The club votes: Convinced, Not Convinced, or Need More Proof.

Location (be specific; “the woods” is not specific):

Time of day and weather:

What I saw, heard, or smelled (describe, don’t explain):

Evidence collected (photos, prints, sounds, witnesses):

What Olivia would say about my evidence:

On a scale from Grace (0) to Richard (10), how sure am I? _ _ _ _ _ Why?

Trivia

Twenty questions. Play as teams, or as a lightning round with a prize for the top score. Answers are on the next page, so don't turn it over yet.

1. What town does Sophia move to, and what does the town call itself?
2. What three objects does Sophia find hidden with her mother's things?
3. How tall is Declan?
4. What are the two rules of the whistle?
5. In what year did Richard have his sighting?
6. What does HARE stand for?
7. Name all five Northborn clans.
8. What do the Northborn call themselves, and what does it mean?
9. For how many years were Ashnaka and Marsha bonded sisters?
10. What sport does Sophia play, and what is her coach's name?
11. What was the key to the music box's second compartment?
12. Where did Olivia get the parts for the device that got the team through the barrier?
13. What did Sophia's note to her grandfather say she was doing the night of the raid?
14. What did Declan use on the guard's face?
15. What color is Aytha's fur?
16. What has Kragorth kept in a stasis field for three hundred years?
17. Which clan does Gronak lead?
18. What does Drenna call her burnt breakfast?
19. What injury does Sophia carry out of the final fight?
20. Where is Declan going at the end of the book, and why?

BONUS ROUND (ONE POINT EACH)

What did Marsha trip over the first time she met Declan? · What is the name of the Elwha librarian? · What did Sophia's dad blame his reflexes on? · What is Book 2 called?

Answers

1. Elwha, Washington, the Bigfoot Capital of Washington.
2. Boots, a cloak, and a whistle.
3. About eight inches.
4. Volume equals range. Intent equals precision.
5. 1976.
6. Holographic Ambient Reality Engine.
7. Stornath, Thornvale, Ashwood, Valdris, Deephollow.
8. The Vorath, “the ones who remember.”
9. Twenty-three years.
10. Soccer (JV). Coach Martinez.
11. The tiny key charm on the necklace her mother gave her for her tenth birthday.

12. Tessra’s lab in Clan Ashwood; she called them junk.
13. Staying at Olivia’s to work on a school project.
14. Pepper essence, carried for four hundred years.
15. Orange.
16. A child’s drawing of two figures holding hands under a smiling sun.
17. Clan Stornath.
18. “Caramelized.” Lucas calls it carbonized.
19. A ringing in her left ear from the whistle blast.
20. Through a portal near Belfast, to search for other leprechaun survivors.

Bonus: A root Declan was using as cover. · Mrs. Lee. · Video games he played in college. · *Sophia Sprite and the Banshee Bargain*.

Glossary of the Northborn world

TERM	WHAT IT MEANS
Northborn	The hidden species humans call Bigfoot or Sasquatch. Seven feet and up, long-lived, watching humanity for sixty thousand years.
Vorath	The Northborn’s name for themselves: “the ones who remember.”
The shimmer	The portal between the surface world and the underground.
Portal key	The braided-metal band Ashnaka puts on Sophia’s wrist. Opens the way in.
The whistle	Ancient Northborn craft made to call for help across great distances. Volume equals range, intent equals precision. Using it hard has a price.
The cloak	Marsha’s cloak. Makes watching eyes slide away from the wearer.
HARE	Holographic Ambient Reality Engine. Builds whole landscapes out of light. Kragorth’s people turned it into a weapon.

TERM	WHAT IT MEANS
The Council	The Northborn government. Kivara leads it. Gronak leads Clan Stornath.
The five clans	Stornath (warriors), Thornvale (healers), Ashwood (builders and technology), Valdris (records), Deephollow (artists).
Hybrid	Half human, half Northborn. Drenna. The HARE glitches around her, and so does Kragorth's mental attack.
Bonded sister	The Northborn bond between Ashnaka and Marsha. Closer than friendship.
Nullifiers	Ancient restraints that suppress a Northborn's abilities. Used on Kragorth.
Leprechaun	Declan's people. Small, long-lived, and much harder to kill than Kragorth thought.
Bridge	Anyone who moves between the two worlds and builds trust. Marsha was one. Sophia is becoming one.

Listen, Read, Connect



Listen to Chapter 1 free

About fifteen minutes of the audiobook, read by Audie Award winner Bahni Turpin, who does all four voices. No sign-up. brianyoungauthor.com



Get the book

Paperback at your local bookstore or library, paperback and hardcover on Amazon. The ebook releases November 23, 2026. books2read.com/SophiaSprite1

Ask your library

Libraries can order the paperback through Ingram (ISBN 978-1-7341794-1-5) and the ebook through OverDrive and Hoopla starting November 23, 2026. If your library doesn't have it, ask. Librarians love being asked.

Book 2

Sophia Sprite and the Banshee Bargain takes Sophia to Ireland, where Declan went looking for survivors and where a banshee queen has her own ideas about bargains. Sign up for news at brianyoungauthor.com.

A small favor

If your club liked the book, a short review on Amazon or Goodreads helps other kids find it. A couple of honest sentences is all it takes, and reviews from kids (posted by a grown-up) are the best ones.

SAY HELLO

Send a photo of your club, your evidence board, your clan crests, or your predictions envelope to hello@brianyoungauthor.com. Free short virtual visits are available for clubs as my schedule allows. I read every message. Brian

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