

# What if? – Reading Guide

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Themes: social skills, perspective taking, empathy, inclusion

Lesson/Notes: It feels sad to be excluded. Include others.

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## Discussion Questions

- *How would one seal feel if the other two played without him/her?*
- *What is the best option? (the last one where they all play together)*
- *How does it feel to be excluded or left out?*
- *How does it feel to be included or invited to play?*

## Activity: Play Catch

Supplies: beach ball

- Toss the beach ball back and forth. Start two to three feet apart, facing each other. When both participants catch the ball successfully, take one step back.
- Each time the ball falls or hits the ground, the catcher names one activity you can do with a friend (play tag, basketball, dance, race, high-five, share a snack, etc.).
- For an extra challenge, return to the starting point any time the ball hits the ground.