

Stuck with the Blooz - Reading Guide

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Themes: anger management, coping skills

Lesson/Notes: Personifies feeling blue. May be too abstract for younger readers.

Discussion Questions

- *What does it mean to feel blue? (sad)*
- *Can you force “the blues” to go away? (no)*
- *What might help when you’re feeling blue? (do things you like to do, examples in book)*
- *Do the blues ever go away? (Yes, feelings come and go)*
- *Is it okay to feel sad? (yes)*
- *What helps you feel better when you are feeling sad?*

Activity: Paper Airplane

Supplies: paper, markers, optional: paperclip

- Encourage child to draw a picture of the Blooz on a piece of paper. Talk about ways to deal with the Blooz (focusing on an activity, sitting quietly with your feeling, playing outside, etc.). Remind child that it’s normal to feel sad sometimes.
- Fold drawing into a paper airplane.
 - Check out Howcast’s YouTube video *How to Make a Paper Airplane* if you need help.
- See how far it can fly!