

Wait! I Have A Question!

Book Discussion Questions

- Sebastian had a lot of feelings. Which ones do you remember?
- Which feelings have you had? What does your face look like when you are feeling like that?
- Who can you talk to about your feelings?
- What are some things that you don't know the answer to? How do you feel when you don't know? (Parents: Talk about things that you feel uncertain about– share your own strategies for dealing with anxious thoughts)
- Where do you miss going? Who do you miss seeing?
- What things can WE do to be “germ busters” in our family?
- How do you feel about all of us being at home so much? (Parents: If your family has an essential worker that has to leave for work, be sure to discuss those feelings as well. Your child may be experiencing worry about them leaving the house)
- What things make you feel tired? (Parents: Sometimes claims of boredom or fatigue can be signs of stress. Be sure to encourage your child to take lots of breaks– even from schoolwork)
- Some parts about being home together are fun. What things do you like about being Safer-at-Home?
- What questions do YOU have about staying Safer-at-Home?

