

# FEBRUARY 2021 HIGH SCHOOL BOOK CLUB



## WHAT ARE THEY FEELING?

As you read, consider along the way what the characters are feeling and why. Predict what you think will happen next.



## WHY IS THIS IMPORTANT?

What is the main idea of the chapter? What about the whole story?



## WHAT'S YOUR STORY?

Have you ever felt the same way as any of the characters in this story? What did you do? Would you do anything different?



## REFLECT CREATIVELY

Spend time connecting to this story through journaling, art, music, or other ways. If you feel comfortable share what you've created.



## GRATITUDE

Has someone ever helped you with how you are feeling? Tell them - write a letter, give a call or send a text.



### Maryland Helpline:

Call 211, Press 1 ( or text your zipcode to 898-211 )

## CONNECT WITH AN ADULT

If you ever find yourself struggling or upset about any feelings you're experiencing, speak to a trusted adult immediately.