



# MARCH BOOK CLUB CONVERSATION PROMPTS

## ELEMENTARY - GRADES K-5

- What emotions did the Good Egg feel throughout the book? Have you ever felt those emotions?
- What happened to the Good Egg that caused his shell to crack? Has that ever happened to you before? Tell me more about that.
- What happened when the Good Egg took some time for himself?
- Use emotion words to label how you are feeling in conversation to set an example.
- Why is practicing self care important for all of us?
- What are ways you already practice self care? Are there any new ways you would like to try? Have you seen any difference when you use your coping skills/self care practices?