



FEELINGS AND EMOTIONS

- ▶ Anxiety, embarrassment, happiness, anger, fear, despair and hope are some of the emotions Adam experiences throughout the story. Find examples of each of these emotions and list below. How long did each feeling last? What helped Adam to overcome the emotions? Was he able to do this himself or did he sometimes need someone else to help him feel better?

- ▶ Think about **HAPPINESS**. Write a few lines about a time you were really happy. Do you think it is possible to feel like happy all the time? Why/why not?

- ▶ Now think about **SADNESS** and about a time you felt very unhappy. What caused your unhappiness? How long did the feelings last? What made the sadness go away?

- ▶ In Chapter 2, Adam pretends to be ill so that he won't have to go to school. What would happen if his mother let him stay at home every time he did that? Imagine you are Adam's friend/brother/sister. Write what you would say to him in the car on the way to school.

- ▶ What might you do if you were worried about something? Write down the names of three friends you could talk to. Now write the names of three grown-ups who could help you with your problem.

