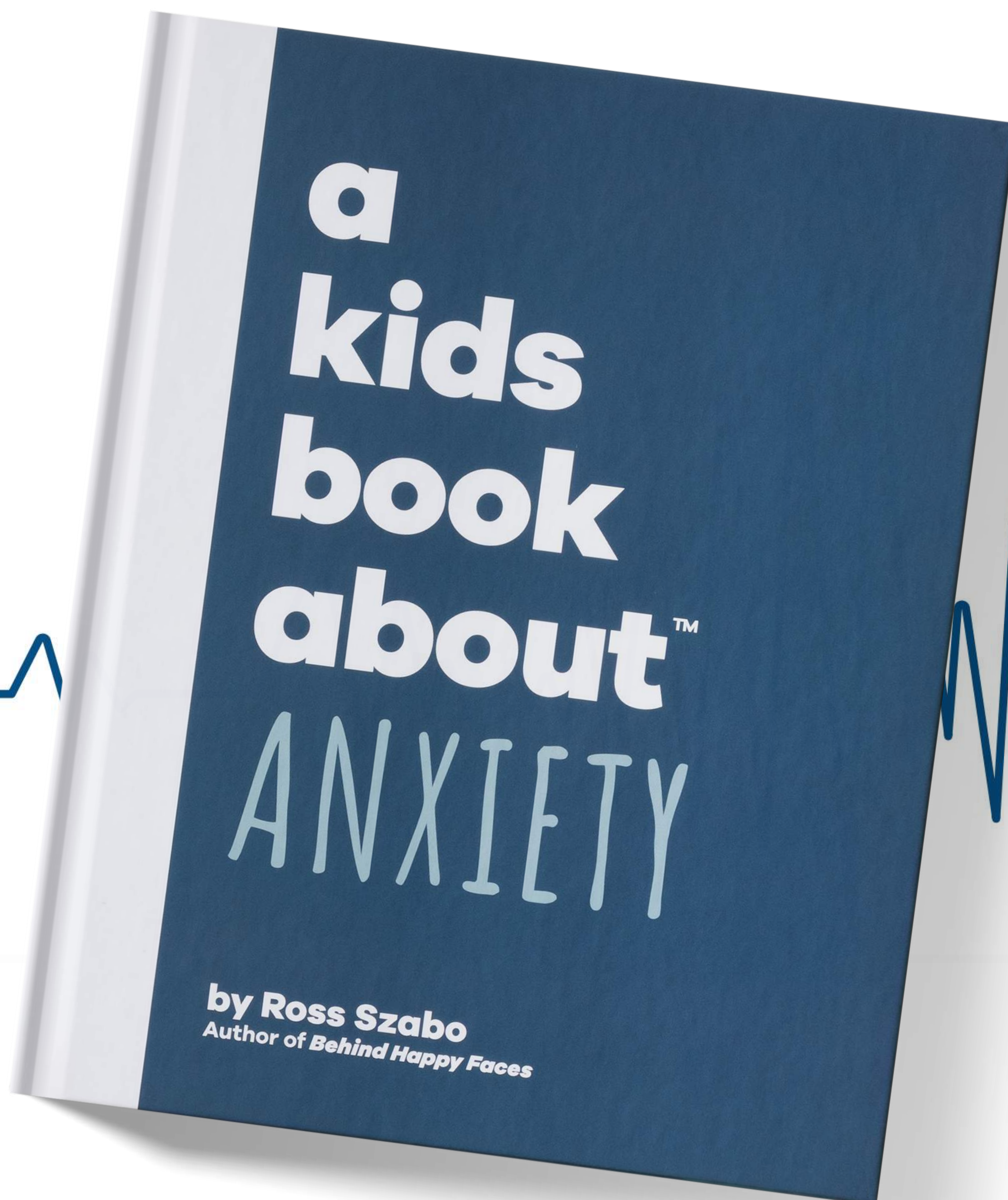


a kids

discussion guide.



About the author

Ross Szabo (he/him) is an award-winning pioneer of the youth mental health movement. He is currently the Wellness Director at Geffen Academy at UCLA and CEO of the Human Power Project. He's using both of these opportunities to change the way communities learn about mental health.

a

Before Reading Questions:

1. What does anxiety mean to you?
2. Why is it important to talk about mental health from a young age?
3. Can you describe a moment when you felt very nervous or anxious?
4. How can understanding anxiety benefit our class or community?

During Reading Questions:

5. Have you felt nervous like Ross did? How did it affect you?
6. How is the feeling Ross describes different from normal nervousness?
7. Why might deep breathing be helpful for anxiety?
8. Ross had to leave class due to anxiety. Have you ever had to remove yourself from a situation because of how you felt?

Post Reading Questions:

9. What skills did Ross use to manage his anxiety?
10. How is anxiety different from nervousness, as shown in the book?
11. Why is having support important when dealing with anxiety?
12. Can you relate to feeling anxious in different places like Ross did?

Post Reading Questions:

13. Why is it okay to not be okay, as Ross suggests?
14. How can talking about mental health help families, according to the outro?
15. What did you learn about the connection between genetics and anxiety?
16. How can we support each other in managing anxiety?

Reflective Questions:

17. How has this book deepened your understanding of anxiety?
18. Is there an anxiety management step you can try?
19. How can more openness about anxiety improve our classroom?
20. What are some ways we can remind each other about the importance of discussing mental health?