



Family Discussion Questions

1. How is Kenzie's family the same as yours? How is it different?
2. How do you feel when someone in your family is sick? What thoughts do you have? What can you do to make yourself feel better when this happens? What can your family do?
3. Kenzie cries when Mom leaves for the hospital. What are some things that Kenzie might be thinking or feeling? How would you feel?
4. Has someone in your family gone to the hospital or has something upsetting or scary happened? What do you remember about it? How did you feel? What could you do to help yourself feel better if that happens again? What could your parents do to help you feel better?
5. Kenzie's mom sings to her at bedtime and piles her blankets just right. What can your mom or dad do to help you feel better when you are sick or upset?
6. Sometimes parents and children have pain. Sometimes pain is small like a mosquito bite, sometimes pain is bigger like a scraped knee and sometimes pain is huge like a broken arm. Make a thermometer from 0 to 10 and list the amount of pain that different kinds of problems cause for you. Ask your parents to do the same. (This can help us to understand another's pain/illness experiences.)



7. Kenzie promises to keep the little tree safe. Have you ever taken care of something like a plant or a pet? What things do you do to help your family?
8. Kenzie's family has a lot of fun adventures! What are some activities that you love doing with your family?
9. At the end of the story, Kenzie says that she, Mom and the little tree are strong. What are some hard things you have done that show you're strong too?
10. When Mom is away, Kenzie and Lexi argue more often. Tell about a time when you felt like arguing. What helps you to solve arguments (e.g., taking a break, slow breaths, taking turns)? What are some things that help you to feel better after an argument (e.g., hugs, talking, saying "I love you," etc.)?



For more support with navigating trauma or stress in your family, contact:

The American Psychological Association: locator.apa.org/

The Canadian Psychological Association: cpa.ca/public/whatisapsychologist/PTassociations/