



Making Happy Discussion Guide

In *Making Happy*, Leila tries to go on with her daily life and manage big feelings as her mother battles an illness. Here are some questions to ask readers after finishing the book.

- What changes did Leila notice in her mother? Did she look or act differently?
- In the first part of the book Leila had an “ache in her stomach that would not go away.” Why do you think she felt this way? Have you ever had a stomach ache, headache or other pain in your body when you’ve had big feelings?
- Leila liked to play in a tent with her friend after school sometimes. Do you have a special place that helps you feel better?
- Leila tried to make her mother’s sickness go away by doing her homework, eating her carrots and cleaning her room. Do you think this changed her mother’s sickness? Why or why not?
- Why did Leila and her family decide to make a mess? How did it make them feel?
- After they made a mess, Leila and her parents talked late into the night. What do you think they talked about?
- Leila dreamed that she couldn’t take away the pain from a hurt bird, but instead sang through the pain with the bird. When she woke from this dream, she felt better even though her mother was still sick. Why do you think this dream helped her feel stronger?



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Illustration from *Making Happy*
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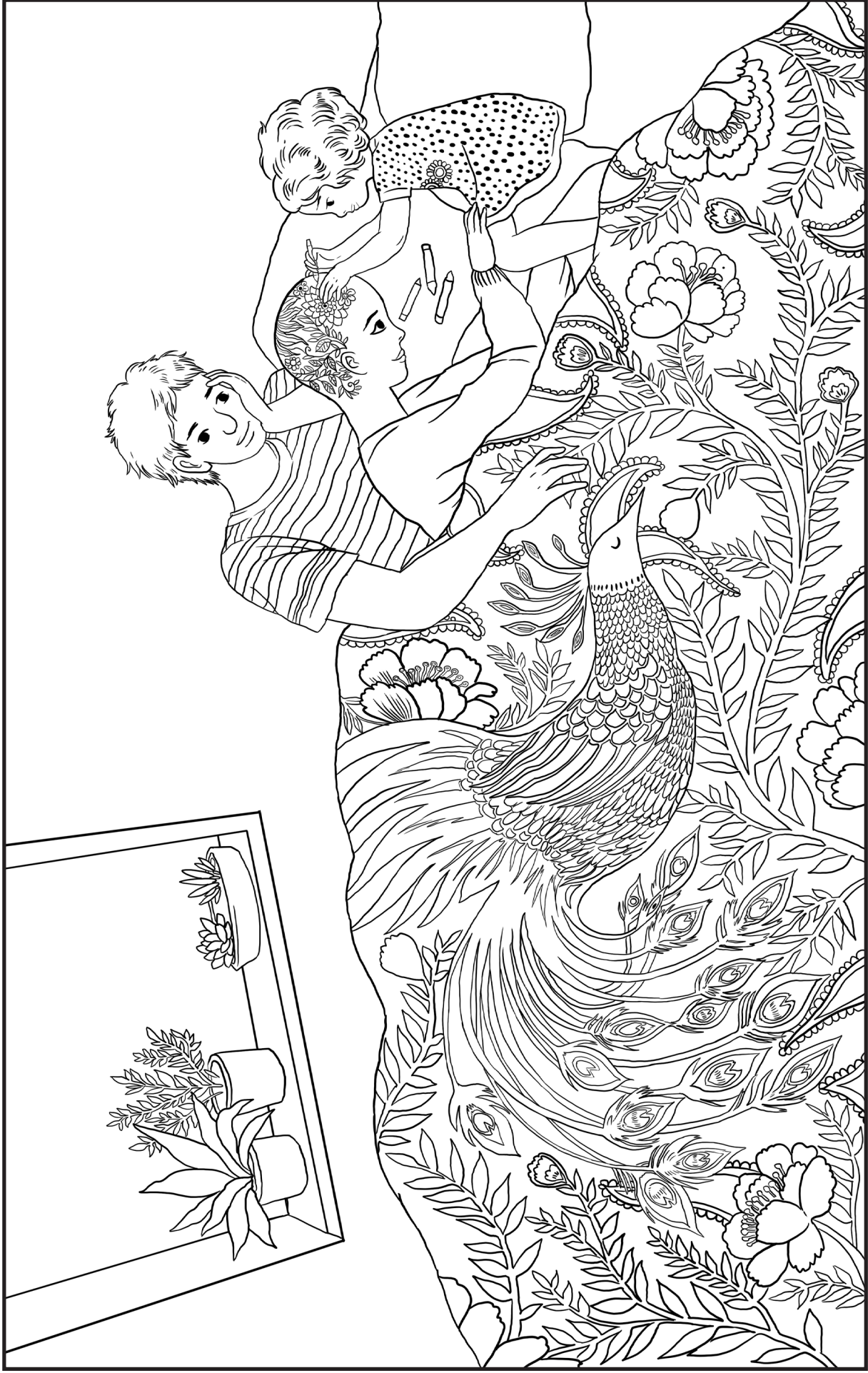


Illustration from *Making Happy*
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