

# WAY PAST SAD



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## LIBRARY LESSON PLAN

### PRE-READING IDEAS

**Telescope:** Pretend you have a telescope that can see things that make you sad. What would you see?

**Drawing Sad:** If you had to draw a picture when you felt sad, what colors would you use? What images would you draw?

**Pre-Reading Questions:** In *Way Past Sad*, the main character, James, gets sad after hearing some news from his friend, Sanj. What news do you think Sanj could have shared?

**Action Item:** As we read, find some things that James does when he feels sad.

### POST-READING IDEAS

**Respond:** What does James do when he feels sad?

(possible answers: stays in bed, hugs his mom, draws a picture, connects with his friend, etc. )

What does James' picture look like when he draws his sad mood?

(possible answers: blue, sinking ship, messy, etc.)

**Discuss:** What ways can you connect with a friend who has moved away or is at a distance?

What other ideas could James have tried when he felt sad?

**Extension Question:** What helps you when you are sad?

**Wrap Up:** Find your telescope. What things can you see that make you happy? Can you see beyond sad??

If you had to draw a picture when you felt happy, what colors would you use? What images would you draw? Try it out!

**Additional Activities:** Make your own telescope that sees happy things, a "HappyScope." Share your HappyScope with people you care about.

Have a big sad feeling that feels hard to share? Make a paper boat, write why you are sad on it, and sail it to a friend or family member. Maybe they can help you feel way past loved.