

Discussion Guide

BLUE VERSE
ADVENTURE

A Mask for My Sasquatch

BEFORE YOU READ

- Look at the cover. What do you think Lylac is trying to do with the mask?
- Have you ever pretended to feel okay when you didn't? What was that like?

AFTER YOU READ

- What happened to the sasquatch every time Lylac put a new mask on him?
- What changed once Lylac finally looked him in the eye?
- Is there a feeling you sometimes hide behind a “happy mask”?
- How do you think Lylac felt at the end of the story?

GROWN-UP TIP

Naming a heavy feeling out loud — and getting outside to move — are both real ways to help it feel lighter, the way a hug helps the sasquatch shrink.

