

## LET'S DISCUSS . . .

STERLING  
CHILDREN'S  
BOOKS

# EVEN SUPERHEROES HAVE BAD DAYS

*This discussion guide is designed for parents, teachers, librarians, and booksellers to explore the story's ideas, themes, and meaning with young readers.*



**THEMES FOR DISCUSSION** SELF-CONTROL, EMOTIONS, HEALTHY WAYS TO RELIEVE STRESS

### Questions to Ask Before You Read

- Do you think that superheroes ever get mad? Why? What about sad? Why?
- What do you think happens when a superhero has a bad day?

### Questions to Ask After You Read

- Because superheroes are so powerful, they have the ability to help or harm. Does your favorite part of the book show superheroes helping or harming? Why is it your favorite part of the book?
- How do you think the superheroes would feel if they threw tantrums and caused bad scenes? Do you think acting like that would make them feel better or worse?
- The book says “upset superheroes have all sorts of choices.” What kind of choices do the superheroes have? When you're sad or mad or having a bad day, what choices do you have?
- When superheroes are faced with a decision about how to behave, they “dig down to their super-best part, the strong super-powers contained in their heart.” What super-power do you think the book is describing here? Do you have a super-power contained in your heart?
- When the superheroes want to feel better, they try to do things to help them relax, like exercising or helping others. What do you do to make yourself feel better on a bad day?

### Activity

Choose your favorite Superhero character. Imagine your superhero having a bad day. Draw a picture or write a few sentences about it.