

FAKING HAPPINESS, FEELING SADNESS

TEACHER AND COUNSELOR ACTIVITY GUIDE

BOYS TOWN
Press

Boys Town, Nebraska



by **JENNIFER LICATE**



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Faking Happiness, Feeling Sadness Teacher and Counselor Activity Guide
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and Activities are available for download.

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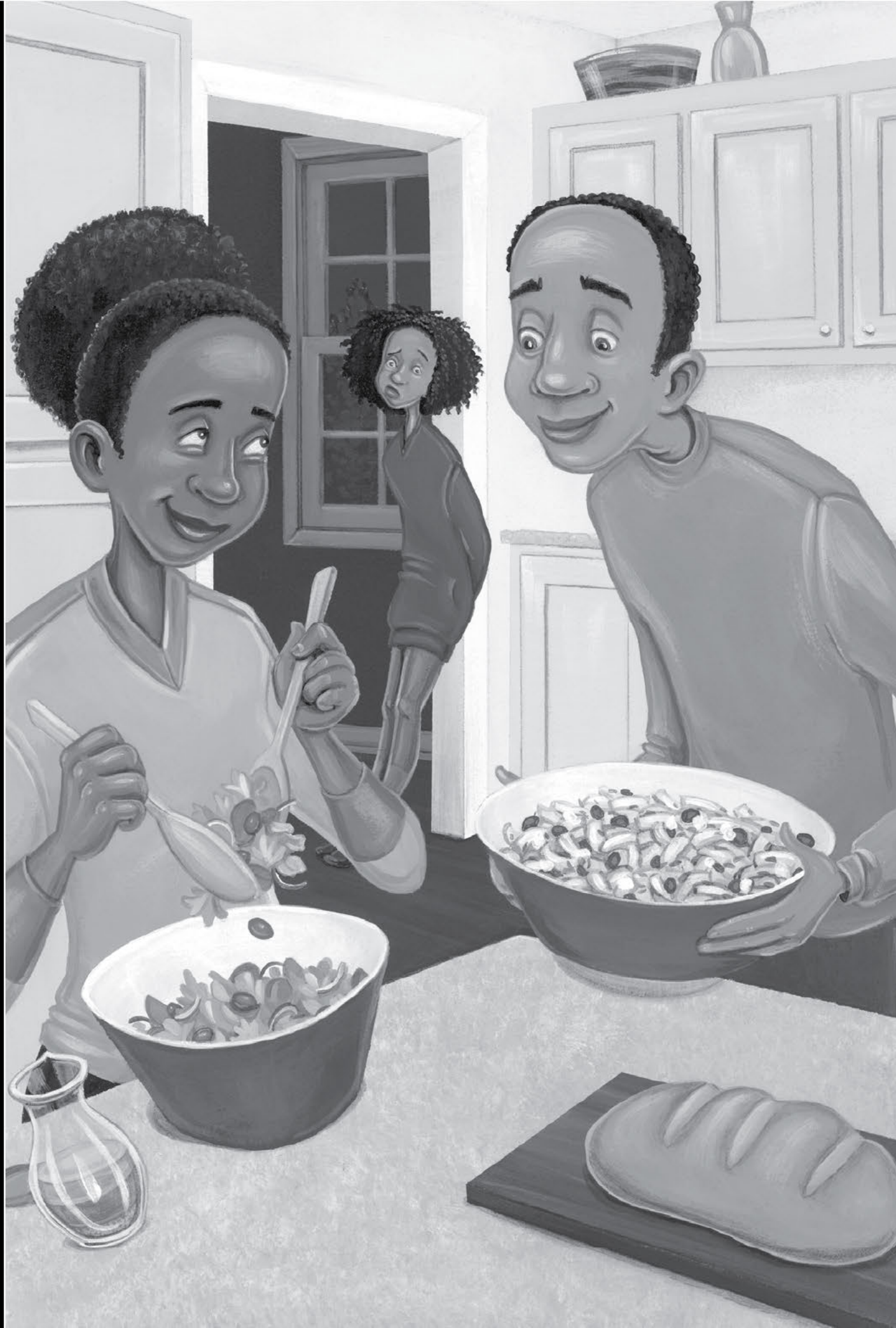
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Chapter 4 TELLING THE FAMILY

I'M DREADING THIS CONVERSATION. HOW AM I SUPPOSED TO TELL MOM AND DAD HOW I'VE BEEN FEELING? HOW DO I EVEN START?

I can't just say, "Pass the peas and, oh, by the way, just thought you'd like to know I'm sad, sick, and lonely!" What would they think of that? I shouldn't even be this nervous. I know they love me. I guess I just don't ever want to disappoint them.

I'll bring it up after dinner. That'll be best. If the conversation gets awkward, I can just go to my room. If I say anything during dinner, no one will eat. They'll ask a million questions, and we'll end up sitting there forever.

Mom and Dad start clearing the table. It's now or never.

"HEY, UM! I HAVE SOMETHING I NEED TO TELL YOU GUYS. TODAY, AT

SCHOOL, I WENT AND TALKED TO MY SCHOOL COUNSELOR."

"Oh? What'd you need to talk to her about?"

Mom asks.

"Well... I kinda told her how I've been feeling lately. I'm sorta not feeling all that great. Like sad and stuff. Even my friends, Martina and Jade, can tell."

"You know, your mom and I both thought you've been acting a bit out of sorts," Dad tells me. "It seems like you haven't seemed as happy or been your usual self, so I'm glad you spoke to the counselor. Did it help?"

Dad's question was for me, but he was looking at Mom. She puts the dishes down and wraps her arms around me. "Honey, what's going on? What do you mean you're sad?"

"I don't know how to explain it really. I'm just not happy. It's hard to get through the day. I just want to come home and hide in my room and not have to deal with stuff or people, you know. I don't know why I feel like this, or what I'm supposed to do to feel better."

Mom hugs me even tighter now. "Well, what did your counselor say?" she asks.

"Mrs. Perez thinks I should see a therapist but said to talk to you first."

Dad looks at me. His expression is calm but determined. "Anika, if you want to see a therapist, we will make it happen. We'll even go with you, if you think that'll help?"

I wipe the wetness from my eyes and tell Mom and Dad I want to try it. Mom kisses the top of my head. "I'll speak to your school counselor in the morning. I'm sure she can recommend someone."

CHAPTER FOUR

Follow-Up Discussion Questions and Activities

DISCUSSION QUESTIONS

1. [redacted] issues?
What can you do to calm yourself?

2. What did you think of [redacted]
[redacted] or make it awkward?

• When something is bothering you or you have something important to discuss with your [redacted] to them?

• Is there anything Anika didn't tell her [redacted]
If so, what?

4. Do [redacted]
their support?

5. Were [redacted] her feelings?

• If [redacted] or comments do
you think they would have made?





FAKING HAPPINESS, FEELING SADNESS

Teacher and Counselor Activity Guide

This teacher and counselor activity guide supplements the *Faking Happiness, Feeling Sadness* chapter book, a dramatic and empowering story that gives young readers, especially girls, the hope and guidance they need to work through uncomfortable feelings and find emotional relief.

The guide combines text from the story with probing questions and group activities to support readers as they reflect on their own experiences dealing with sadness, depression, melancholy, and lost hope.

In the story, Anika feels as if her life has no purpose or passion. She's forgotten what joy feels like. Still, she tries to put on a happy face. But the constant pretending has drained her physically and emotionally. She's desperate to find a quick-fix cure, but is that even possible? If it isn't, can anyone or anything lead her to the help and happiness she deserves?

Faking Happiness, Feeling Sadness Teacher and Counselor Activity Guide offers valuable insights and practical strategies to help readers strengthen, protect, and advocate for their own emotional health. Author and school counselor Jennifer Licate adds another gripping story to her award-winning *Navigating Friendships* series, which includes *I Lost My BFF*, *He's Not Just Teasing!*, *Am I Weird?*, *My Anxiety Is Messing Things Up*, *Why Is Drama Always Following Me?*, and *Why Is He Spreading Rumors About Me?*



Jennifer Licate earned her master's degree in school counseling from West Chester University and has worked as a school counselor for K-12 students for more than a decade. She channels her love of counseling and creativity to craft children's books with relatable characters and situations. Her aim is to help children of all ages navigate the challenges of growing up.

Suzanne Beaky studied illustration at Columbus College of Art and Design. Her expressive illustrations are commissioned by children's book, magazine, and educational publishers worldwide. She has received a number of awards and resides in Pennsylvania with her husband.



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Chapters 1-3 and 5-7 of the *Activity Guide* are not included
in this excerpt.