

Name: _____

Dusted Off and Ready
Opening thoughts BEFORE reading the book

1. Circle which things below you think could be (or are) challenges in middle school.

Keeping up with homework	Grades
Friendships	Popularity
Bullying	Physical changes
Lifestyle changes	Physical or other challenges
Balancing personal time / hobbies	Balancing after-school activities / sports / music
Balancing family time	Balancing electronic media time
Being in a new class / having new teachers	Having more responsibilities
Other _____	

2. Would you agree that the list above covers a lot of stuff that could be going on for somebody? Does it make you stop and think that maybe we could be more patient with ourselves and one another, or maybe try for more understanding?

3. I feel that my choices and actions can play a part in making life better for myself. (Circle one)

Strongly disagree	Disagree	Neither	Agree	Strongly agree
1	2	3	4	5

4. I feel that my choices and actions can play a part in making life better for those around me. (Circle one)

Strongly disagree	Disagree	Neither	Agree	Strongly agree
1	2	3	4	5

Dusted Off and Ready
Questions for AFTER reading first section (pages 1 – 15)

1. Can you think of a time in your life when you were blocked from being your best self? Maybe you got upset or sad or jealous or scared, and it led to you acting in a way that wasn't the best?

2. Have you ever caught yourself starting to get upset, and been able to stop yourself before it affected you and the people around you too much? Can you describe what happened and how it felt?

3. Do you think that seeing life from another person's point of view can help you? Why or why not?

(For me, doing this helps me see that the other person has a story that led up to the way they see things. It helps me relate to their humanness and leads to more understanding... which often teaches me something new AND helps me feel better.)

4. Have you ever lost a friend because of a fight or misunderstanding, or because of changing interests, or simply because you grew apart? How did you feel about losing your friend and how did you move on? How do you think they felt?

(Recognizing that life is changing in a ridiculous amount of ways for you and for those around you may help to soften the blow of losing a friend. Remember the list of middle school challenges we went through? It's not an easy thing when friendships change, but please try to keep in mind that you and those around you are all just working on figuring life out. Sometimes friends get lost in the confusion.)

5. Do you think that once you lose a friend, there's a chance for recovery?