# RACING THE CLOUDS BY SYDNEY DUNLAP

## SEL DISCUSSION GUIDE

| CASEL Competency | How it Appears in the Book | Discussion/ Activities Tie-Ins |
|---|---|---|
| Self-Awareness | Sage goes from being very hard on herself about a situation out of her control to giving herself a break and realizing that some things just happen. | Ask: *Have you ever blamed yourself for something that was out of your control? Can you try to reframe it in a new way as Sage learned to do?* |
| Self-Management | Sage learns that she can find happiness and enjoy the small moments even during a time of difficulty and uncertainty. | Activity*: Make a list of things that make you happy no matter what else is going on, then share/compare with a partner.* |
| Social Awareness | Sage hears about the events leading to the rift in her family from her grandparents' point of view and develops greater compassion and understanding toward them as well as toward her mom and dad. | Ask: *How do Sage's feelings toward her parents and grandparents change by the end of the book?* |
| Relationship Skills | Sage begins to understand that no matter how much you love someone and want to help, other people are ultimately going to make their own choices and decisions. | Role-play: *Play the parts of any two characters in the book with opposing viewpoints and act out how they might try to resolve it, even if they continue to disagree.* |
| Responsible Decision-Making | Sage realizes that refusing to talk about "hard" things makes decision-making a lot more difficult and sometimes the toughest conversations are the most important. | Ask: *How did things begin to change for Sage when she finally started sharing her worries and struggles with friends and family?* |

# EXTENSION IDEAS FOR SEL LESSONS
## RACING THE CLOUDS

### Activities

**Journal Prompt:** If there was something really important that you didn't want your friends to find out about, what might eventually help you feel comfortable enough to discuss it with them?

**Perspective-Taking:** Write the scene in the garage where Sage tells Marla the truth about her mom from Marla's point-of-view.

**Family Connection:** The rescue dog, Nicky, helps bring the people in Sage's family together. Is there something that helps bring your family together? Perhaps an animal, an activity, or a shared interest?

**Mental Health Tie-In:** Sage finds peace and stress relief when she runs. What are some things that help you feel better when you are stressed?