

# READING GUIDE

## THE HURT

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*For use with Children and Adults.*

*In schools, family, workplaces, book clubs, reading groups, lunchtime discussions, faith communities etc.*

### *Prepare to use this story*

Read the story in advance so you are familiar with it. This will help you be a fluent reader. Also it will help you be familiar with, a) when you wish to ask questions and b) what questions to ask.

This is a book for children. It has many adult themes as well. It will bring up thoughtful reflection on life and the behaviors we choose .

- Objectives:**
- Raise awareness that October is Conflict Resolution Month
  - To encourage everyone, kids and adults, to resolve their conflicts without physical, verbal, or emotional violence
  - Create awareness around the feeling of hurt
  - Create awareness that we all have conflicts/problems with our friends and family
  - To discuss positive ways to solve problems  
Such as:

- |   |                                     |
|---|-------------------------------------|
| - express feelings  | - say something funny               |
| - talk to the person with whom you have a problem                             | - to defuse anger                   |
| - describe the problem  | - make an apology                   |
| - find ways to build the relationship and make things better for both persons | - forgive someone                   |
|   | - talk to someone when you feel bad |
|   | - actively listen                   |
|   | - let things go                     |

### **POSSIBLE QUESTIONS**

#### **TO ASK:**

- Have you ever been hurt?
- Have you ever had a problem with a friend?
- Have you ever been called a mean name?
- How did you feel?
- How did the other person feel?
- What did you do?
- What did the other person do?
- How did that work?
- Did you solve the problem?
- Did you make things better for both of you?
- What did Justin do to make things better?
- What did Justin's dad do to help him?
- How do you think Gabriel was feeling?
- How did Justin and Gabriel feel after talking about their problem?
- What did you learn from this story?
- What did you like about this story?
- What do you wish people would do when they have a conflict/problem with you?
- What will you do differently the next time you have a conflict/problem?
- Discuss holding on to bad feelings. Sometime people want to stay mad or hurt for awhile. Sometimes people don't know how to let go of bad feelings. Discuss how that works for people and what works well.

### *Hints for reading out loud to children*

- If you are reading to no more than 4 children, you might be able to set them on either side of you. Thus you can all look at the book and pictures together.
- If you are reading to more than 4, or perhaps a whole classroom, then you will want to hold the book such that most everyone can see the book all the time. This means the reader will need to kind of juggle their body position for how to hold the book so everyone can see, and the reader can still read effectively. If the reader is seeing the words and pictures most of the time and the children cannot see the pictures, then children quickly lose interest in listening!
- Feel free to read with expression! Don't read too fast. Speak clearly. Try to convey meaning and emotion while you read out loud. Practice at home or in front of a mirror.
- You may want to ask questions while you read the story. Or you may want to ask questions after you've read the story all the way through.
- Enjoy the energy, enthusiasm and insight of children!
- You do not have to agree/disagree with the comments that kids make. But do acknowledge their comments; "That's one way to look at it" or "That's an interesting idea."

### *Developmental differences in children*

Many children up to about age 6 or so, will see the "hurt" as a literal object, like a rock or potato. Older kids will understand the metaphor of the hurt.

