



Name: _____

Game Face – Discussion Questions

1. Jonah sometimes wishes he had an invisibility cloak so that the bullies cannot see him. What would you say to Dylan or Bennett who make Jonah feel insignificant?
2. Do you think Jonah should have told his father he had a game when he found out his dad was going to the theatre with Oma? He really wanted his father to watch him play and be there for him.
3. At times, Jonah finds it challenging to 'quiet his mind'. Does this ever happen to you? What do you do if this happens to you or how could you help a friend who finds it difficult to calm down?
4. What did you think when Rose brought toast to Jonah's home and came over to his home to see if he was going to school?
5. There is a reference to all the items on Jonah's dad's desk as being organized chaos. Can you relate to that or is your desk at school or home organized?
6. Is this the first novel-in-verse you have read? If yes, what do you think? If not, can you recommend to your friends other novels-in-verse you liked?
7. What emotions do you think Ty felt when he learned that he could never play hockey again because of his heart condition?
8. Rose always seems to know when Jonah needs a friend so when she finds Jonah crying after he shouted out in class she knew he had to go home. Rose knows how to comfort Jonah. Were you thinking at this point why Jonah's grandmother or his father had not checked-in with Jonah to see how he is feeling?
9. When Jonah's father did speak to him about his anxiety disorder what did you think?
10. Can you think of other books where kids experience anxiety and worry so much that they have difficulty doing many activities?
11. Do you think Jonah felt a sense of relief when he thought "the alien in my brain has a name"? (page 175)

12. Does the acrostic poem on page 208 for the word “anxiety” help you understand what someone experiences when feeling anxious?
13. Asking for help – “signaling for the trainer” and “telling another person” (page 215) can seem difficult yet many people do not reach out for help. Why do you think some people do not share what is bothering them?
14. Describe how you felt when Jonah asked to see the school counselor?
15. Pushing the pause button helped Jonah manage his anxiety and enabled him to slow down the thoughts that seem to swirl in his brain. Can you think of situations where purposefully taking a break can be useful?
16. Jonah’s dad made it to the arena for the championship game which took courage. Ty showed courage as well and Rose did too. Can you think of other novels where the main characters were courageous?

