

# Discussion Items

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1. What signs did you notice that showed the Good Egg was feeling stressed? Have you ever felt stressed? When?
2. Why might helping others make the Good Egg happy? Discuss the connection between acts of kindness and personal well-being.
3. How did the behavior of the other eggs in the carton affect the Good Egg?
4. How and why did the Good Egg change when it returned home? Explore the transformation the Good Egg underwent during its "me" time. What lessons did it learn?
5. What did the Good Egg do to reduce its stress? What are some things that help you feel better when you are worried or stressed about something?
6. The book says, "The other eggs aren't perfect, and I don't have to be, either." What does this teach us about acceptance?

# Activity

Try some of the activities that the Good Egg did to relieve stress and feel better!

- Learn how to deep breathe
- Paint
- Take a bubble bath
- Find some time to just be quiet (bonus if it is in nature!)



# Egg-cellent Eggs

At one point in the book the Good Egg says that his head no longer felt scrambled. Take this opportunity to teach your child how to make scrambled eggs. With some adult supervision, this is an easy dish that can give them confidence in cooking!

- Melt some butter in a pan over medium-high heat. Use about 1 teaspoon per egg.
- Crack the desired amount of eggs over the pan and whisk them. Make sure to stir frequently so they don't burn.
- Cook the eggs until they are light and fluffy and no longer runny.
- Add pepper and salt as desired.

