

MY HOUSE IN THE SKY

a gentle discussion guide by JEFF TEDD BOCK

Discussion Questions

1. **What would your house in the sky look like?**
 - Would it have anything special inside—like a swing, a treehouse, or a pet?
2. **If you could bring your favorite memories to your house in the sky, what would they be?**
 - Is there a place, person, or thing you'd want to keep there forever?
3. **How does it feel to think about a place that's always safe and full of good things?**

Family & Feelings

4. **Do you ever feel like you have more than one home?**
 - What do you like about each one?
5. **How do you know someone loves you, even when you're not with them?**
 - Can you feel their love in your heart or your thoughts?
6. **Are there things that help you feel better when you miss someone or something changes?**
 - Hugs, stories, a special toy, a memory?

Hope & New Beginnings

7. **What are some new memories you want to make?**
 - Can you think of something fun you'd like to do in your real home or sky house?
8. **What do you think the narrator means when she says, "Only the good things—I promise"?**
 - Do you think it's okay to keep the good memories even when other things are hard?

Tips for Parents & Counselors

- Always validate the child's feelings—even big or confusing ones.
- You don't have to "fix" anything in the moment; just being present is powerful.

💜 *This guide is meant to encourage healing conversations and imaginative expression.* 💜

💜 *Your presence and care matter most.* 💜

Discussion Guide for Teachers and Counselors

For use with *My House in the Sky*
By Jeff Tedd Bock | Illustrated by Althea Botha

Overview:

My House in the Sky is a tender, imaginative picture book that helps children navigate the emotional complexities of divorce and separation. Told from the perspective of an 8-year-old child, the story celebrates the power of memory, imagination, and hope. It's a powerful resource for classroom, counseling, or small group discussions about change, resilience, and emotional self-expression.

Themes to Explore:

- Coping with family change
- Memory and imagination as healing tools
- Emotional resilience
- Belonging and identity
- Expressing feelings in safe, creative ways

Discussion Questions:

1. What are the different “houses” the narrator talks about?
2. Why do you think the narrator created a house in the sky?
3. How does the sky house help the narrator feel safe?
4. What do you think it means when they say, “I try to remember only the good things”?
5. What feelings come up when families live in more than one home?
6. Have you ever imagined a place that helps you feel calm or happy? What does it look like?
7. How can we use our imagination to help us when we feel sad, scared, or unsure?

Extension Ideas:

- Pair with other books about emotional resilience, such as *The Invisible String* by Patrice Karst or *The Family Book* by Todd Parr.
- Use this book as part of a unit on family structures and diversity.
- Host a classroom circle where students share what makes them feel safe, loved, and at home—no matter where they are.