

The background of the cover is a watercolor illustration. In the foreground, a tropical island is depicted with a lighthouse on a hill, surrounded by colorful buildings and palm trees. The island is set on a calm body of water. In the distance, a small boat with a red and white sail is visible on the horizon. The sky is filled with soft, white and light blue clouds, suggesting a bright, sunny day.

THE ISLAND

Written by Gideon Sterer
Illustrated by Julia Sarcone-Roach

ABOUT THE BOOK

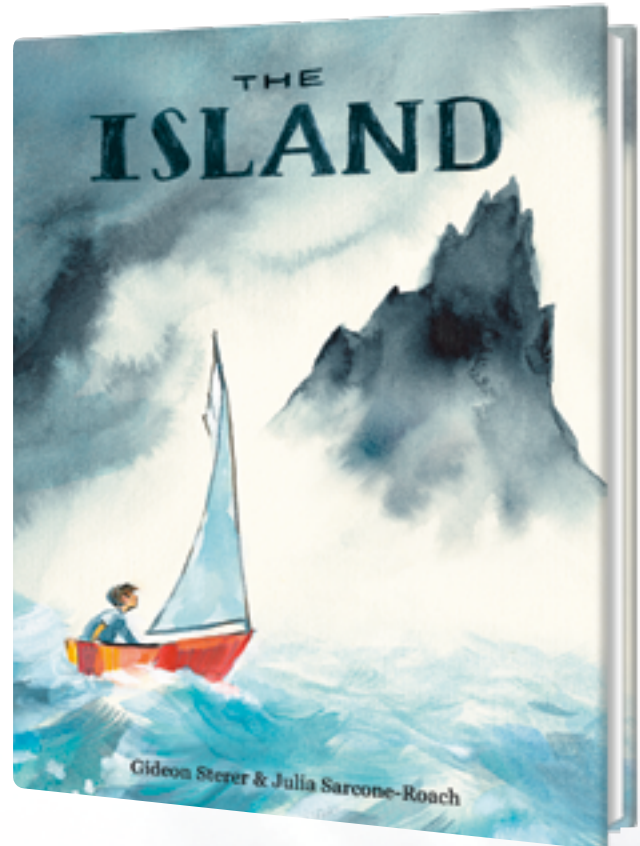
A powerful and poetic picture book, featuring gorgeous watercolor art, about a child who learns to make peace with their overwhelming emotions.

*Sometimes I go to the Island.
I never mean to go.
I never want to go.
But the sky darkens,
and the wind rises,
and the current pulls me away.*

On the Island, a child wanders down dim and winding paths, their emotions churning. Loneliness. Sadness. Fear.

But today on the Island, for the first time, they meet another person. A person who guides them out of the shadows. Assures them that everyone feels this way sometimes. And helps them find their way home.

From two *New York Times* bestselling creators comes a moving picture book about the Island inside all of us: the place we go when we feel scared and sad and overwhelmed. It shows kids that by exploring and learning from our scariest emotions, we can feel more at home inside ourselves.



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DISCUSSION QUESTIONS

FOR BEFORE AND AFTER READING

BEFORE

- What do you think the Island might be like? Can you imagine it in your mind?
- Have you ever felt really strong emotions like sadness or fear? What did you do?

AFTER

- How does the child feel when they first get to the Island? Have you ever felt like that?
- What do you think the Island represents in the story?
- How does meeting someone else on the Island change how the child feels?
- Can you remember a time when you felt really strong emotions? How did you start to feel better?
- How do the pictures in the book make you feel? Do they help tell the story?
- What can we learn from the child's adventure on the Island?
- How can we help friends who might be feeling scared, sad, or overwhelmed?

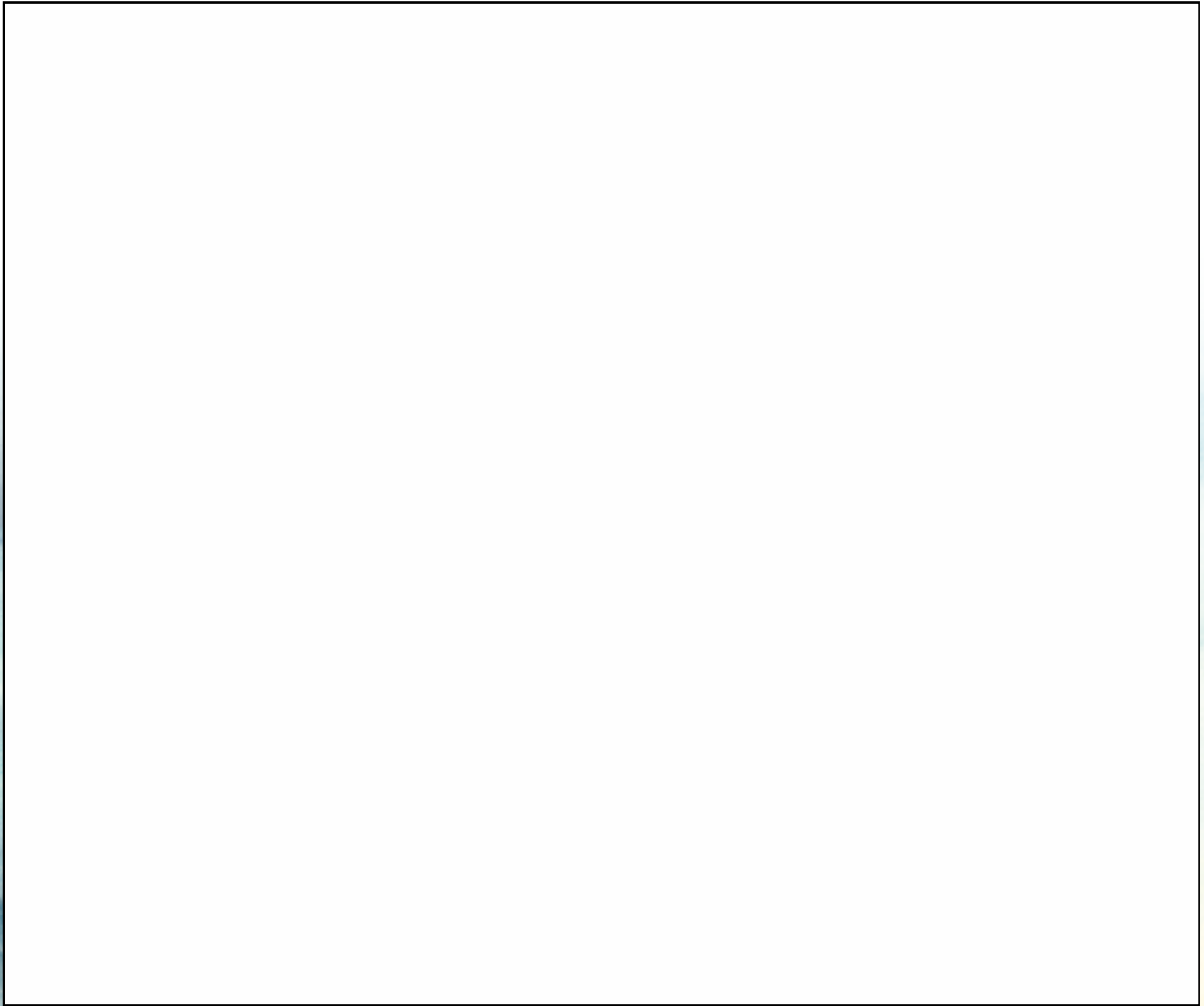


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ISLAND ART GALLERY

Photocopy this page and distribute to students. Provide students with paper, pencils, markers, crayons, and other art materials. Instruct students to draw an island and add elements representing emotions, like dark clouds for sadness or a bright sun for happiness. Once their drawings are complete, ask students to share their drawings with the class. Then create an art wall displaying each student's artwork.



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ISLAND STORYBOOK

Discuss the emotions that are mentioned throughout the story (loneliness, sadness, fear) and others that students might feel. Have students create a character who visits their own Island.

Ask them to draw or describe different parts of the Island and the various emotions they represent. Encourage students to think about how their character navigates these emotions and what helps them manage their feelings.



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