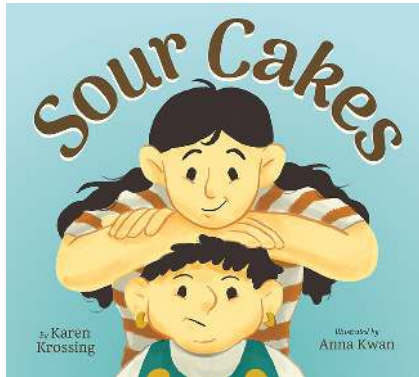


Sour Cakes

Resource Guide by Karen Krossing and Anna Kwan



Book written by Karen Krossing
and illustrated by Anna Kwan

About the Book

Two siblings wake up in two very different moods; the older one cheerful and lively, the younger feeling sad and irritable. The big sister negotiates and cajoles, tries everything she can think of to cheer her little sister up, but nothing works. She suggests they color a picture, but her little sister only likes the color gray. She proposes they bake sweet cakes, but her sister only wants sour ones. It's only when little sister's gloomy mood reaches a boiling point that the older sibling tries a different tactic. She empathizes and enters the gloom with her sister, and offers up compassion along with a gray picture and a sour cake. Together, they navigate the little sister's grim, messy feelings until the siblings are able to play.

A Letter from the Author

Dear Reader,

Sour Cakes explores what happens when a sibling experiences emotions that feel too big to handle. The dual perspectives of a big and a little sister invite readers to delve into how it feels to support a sibling during a hard time as well as how to acknowledge one's own difficult emotions. Anna Kwan's appealing conceptual illustrations help readers map out these messy feelings.

My inspiration for writing *Sour Cakes* was my family history of mental health challenges. Depression, anxiety, and the effects of past traumas have impacted our daily lives and shaped each generation in different ways. I wrote this book to acknowledge and accept this difficulty, but also to honor the ways we support and sustain one another.

My hope is that *Sour Cakes* will spark conversations about mental health awareness and social-emotional learning in readers young, old, and in between.

— Karen Krossing

ISBN

978-1-77147-397-2

CURRICULUM LINKS

Language Arts: Reading Comprehension

Character Development: Social-Emotional Learning

READING LEVELS

Grade: 1+

Fountas & Pinnell: G

Lexile® Measure: AD310L

Common Core: L.1, RL.1, SL.1, W.1

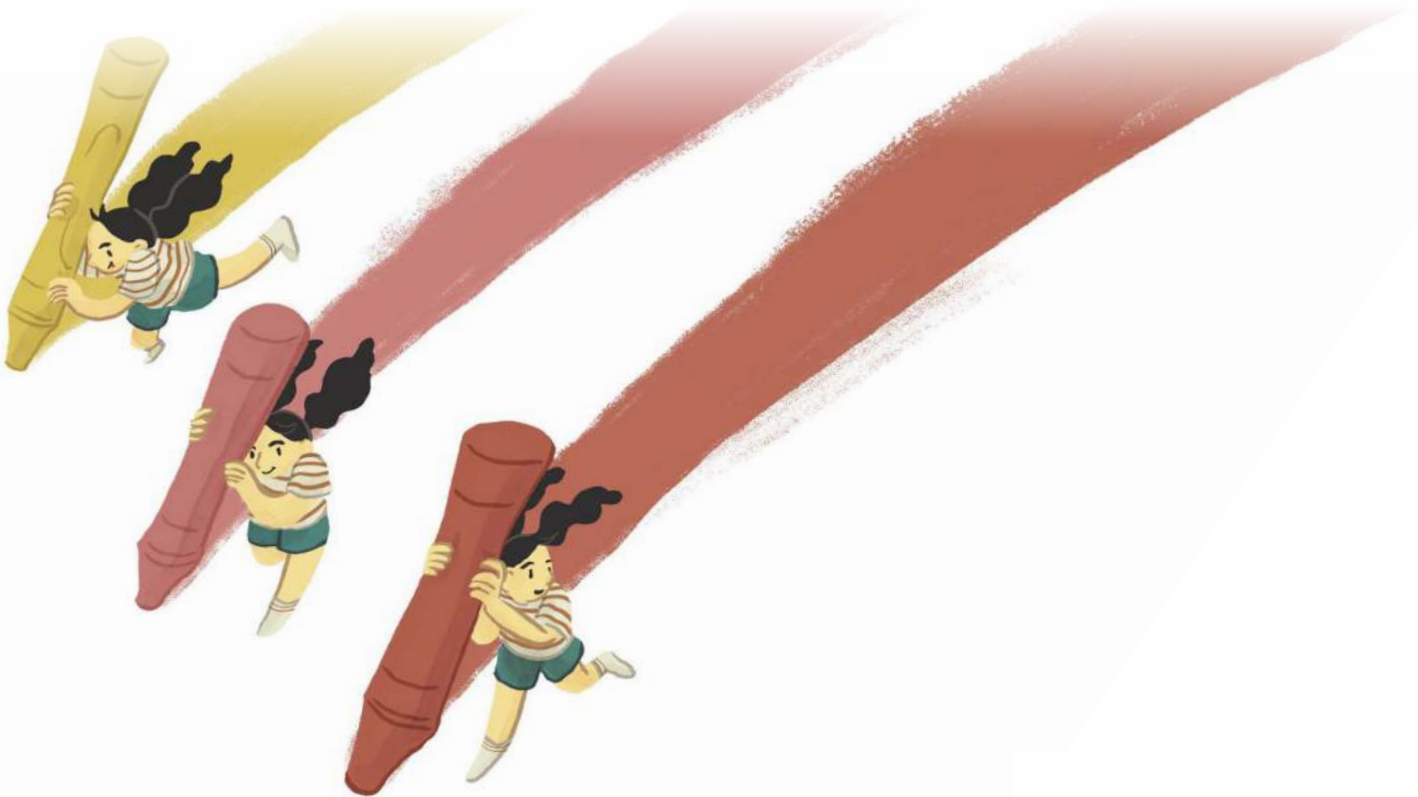


Before You Read

- What kind of food tastes sour to you? What tastes sweet?
- What kind of face might you make when you taste sour food? What about sweet food?
- The word “sour” can also describe a person’s mood. How does it feel to be in a sour mood?
- How does it feel when someone close to you is in a sour mood?

After You Read

- Everyone feels sour at some point, and sour moods don’t last forever. How do you help yourself feel better when you’re in a sour mood?
- What do you do when someone close to you is in a sour mood?
- A sour mood might also be called a grumpy mood. What other kinds of moods do you know?



Make it sour or sweet





