

Monica

Teacher Workday

Family Discussion Guide

EYFP

These are some sample questions for Episode 1. Use the ones that seem helpful or interesting. You may have your own questions as well.

Opening

We all have some days that seem harder than others. Today, Monica is having a “hard” day where nothing seems to work.

As you watch, keep track of the things that make the day seem “hard” for Monica.

Part 1: Hard Day Things

- How many “hard day” things did you notice?
- Did everyone notice the same number of “hard day” things? Why or why not?
- Which things could Monica control? Which things were outside of her control?
- How did you decide if something was in Monica’s control or not?
- Were there some things that you disagreed about? Explain.



Vocabulary Alert!

In Episode 1, Scene 2, Monica sees that one of her rabbits has a small **abscess** (say “**ab-sehs**”) in its foot. An **abscess** is sort of like a giant pimple. It is filled with pus and is very painful.

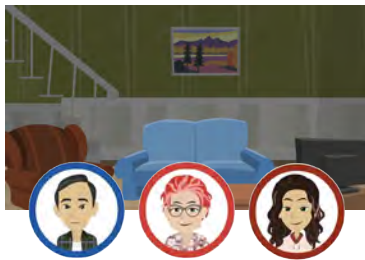
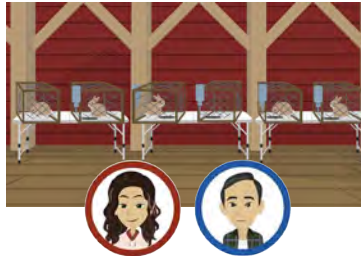
Many different animals, and even people, can get abscesses. People usually do not need to go to the doctor if they have an abscess. Rabbits are different. Abscesses are very dangerous to rabbits. A rabbit should go to the vet for help.

You can learn more about abscesses in people at go.ncsu.edu/abscess. To learn more about abscesses in rabbits, contact your [local 4-H agent](#).

Continued

Part 2: Hard Day Emotions and Feelings

Talk about how the characters feel in each scene. What might have made them feel like that?



5 Positive Interactions = 1 Negative Interaction

The Gottman Institute says it takes 5 positive interactions to counter 1 negative interaction (go.ncsu.edu/gottman).

- How could you help Monica's family to have more positive interactions?
- What are some ways for your family to have positive interactions?

Family Fun!

Abstract Expressionism (say "Ab-strakt Ex-press-shun-izm") was a type of art in the 1940s and 1950s. Artists used line, color, and shapes to express emotions and tell stories.

Kenneth Noland was an abstract expressionist painter from Asheville. You can see a picture of his painting Tide on the North Carolina Museum of Art website go.ncsu.edu/expressionism. What emotions do you think Kenneth Noland was trying to express in Tide?

Pick an emotion you would like to express. Use crayons, markers, or paints to create your own work of abstract expressionist work. If you are stuck, use one of the characters' emotions that you identified in Part 2.