



How It Feels to Fly

By Kathryn Holmes

Tome Society It List Discussion Guide



Pre-reading questions:

1. Have you ever struggled with perceiving yourself in a way that others do not see? Or, have you been on the flip side and a friend has struggled with perceiving themselves in a way that you did not see them?
2. Have you ever been or have you known someone who really excelled in their field (sports, acting, etc)? What sacrifices did you/they have to make to get to the top?
3. What do you know about anxiety, performance anxiety, and body dysmorphia?

Post-reading questions:

1. Could you relate to the inner voice that continuously spoke to Sam? If you had a friend that was struggling with negative self-talk, what advice would you give them?
2. Why do you think Sam is so resistant to share her struggles with Dr. Lancaster and with the group?
3. Do you think Sam's mother lived vicariously through Sam's ballet career? Do you think this was healthy or unhealthy?
4. Do you think any of the campers were at Perform at Your Peak for illegitimate reasons? What role do you think their parents played in them going to this camp?
5. What did you think of the way the author described Sam's anxiety attacks? Were you able to empathize with Sam during those times?
6. *Spoiler alert* Were you disappointed in the way Sam and Andrew's relationship ended? Did you expect them to get back together before the end of the book?
7. *Spoiler alert* Do you think Sam made the right choice branching out from ballet and trying a different style of dance?

Post-reading Activities

1. While at Perform at Your Peak, Sam does several art collages. Choose one or one of the topics she had to do a collage for and create your own fan art collage. Follow the guidelines at tomesociety.org/competitions.html to enter your fan art into the Tome competition.
2. Write a fanfiction piece about one of the other campers – Zoe, Jenna, Katie, Omar or Dominic. Your writing could be about their life before coming to the camp, or their experience during the camp. Follow the guidelines to enter your writing into the Tome fanfiction competition.

More About This Book

- FlipGrid Topic Link: <https://flipgrid.com/26bo8bof>
- Check out the authors' official websites at: kathrynholmes.com/