

# DISCUSSION NOTES

9+ readers • Paperback • £7.99  
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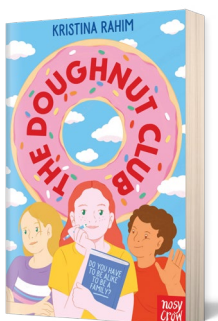
## A WARM, HEART-FILLED STORY, ABOUT BEING PROUD OF WHO YOU ARE.

Max is trying to figure out who he really is. Ella doesn't want anything else to change. They each have their own mountains to climb...

But when their parents throw them together one weekend, things do not go to plan, and they are both pushed to the edge – in more ways than one.

Will they stay stuck, or will they find a way to come together – and the path to their true selves?

- Take a look at the front cover of the book featuring Max and Ella. What do you learn about them, their interests and how they are feeling at the start of the story?
- Max has lost his confidence playing the drums in his band. Why do you think that is? And why does Max think meeting his donor dad will help him?
- Do you have a hobby or interest that means a lot to you like Max? How does it make you feel?
- Why is the family walking challenge so important to Ella?
- Ella dislikes change and always wants a plan – what are the major life changes facing Ella in the book? And why do you think Ella finds change so difficult?
- In what ways are Max and Ella 'stuck together'?
- When Max and Ella are forced to work together to get down the mountain, what do they learn from each other? And how do they help each other through difficult times?
- The book is split into Max and Ella's perspective – this is called a 'dual narrative'. How did this change your experience of reading the book? Did it make you feel differently towards any of the characters?
- What does Max learn about himself by the end of the book? And where do you think he finds the confidence to get back on-stage with his band?
- What does the word 'family' mean to you? And what did you learn about families when reading this book?
- Discuss what makes you feel uniquely you - it could be your hobbies or interests, your friends, your family, or your experiences and achievements.



## ALSO BY KRISTINA RAHIM: *THE DOUGHNUT CLUB!*

Discover additional resources focusing on positive self-identity, diverse and caring family relationships, and friendship – linked to the UK curriculum.

Also included are further educator notes focusing on donor conception.

[NOSYCROW.COM/RESOURCE/THE-DOUGHNUT-CLUB-RESOURCES](https://www.nosycrow.com/resource/the-doughnut-club-resources)

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