

## Discussion Guide for Families



### Invisible Things

*Author:* Andy J. Pizza

*Illustrator:* Sophie Miller

**Themes:** Emotions and Feelings

**Book Brief:** This whimsical book invites readers to imagine and explore the invisible feelings, ideas, and sensations that shape our daily lives. From describing hope to discovering how laughter spreads, it encourages reflection on the unseen forces that connect us all.

## READ ALOUD

### Before Reading: Build Background

- Ask your child, "What does invisible mean? Can you think of things that are invisible, like feelings or smells?"

### While Reading: Make Connection

- What are some senses besides sight? How do they help us understand invisible things?
- Look at the page about smells. What do you think the different smells are, and why?
- What does it mean to have "guts"? Can you think of another word for it?

### After Reading: Ask Questions

- What are some invisible things you notice right now, like sounds, feelings, or smells?

## RELATED ACTIVITIES

### If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- Let them explore more books about mindfulness such as [A World of Pausabilities](#) and [A Kids Book About Mindfulness](#).