



## ***Nightmares!***

by Jason Segel and Kirsten Miller

### **TIPS FOR FAMILY BOOK CLUB:**

*Nightmares!* takes the childhood experience of having nightmares and magnifies it. After reading this book, use these discussion questions to prompt further thinking and understanding of the story's themes. As a family, unpack what nightmares are. Wrestle with the big concepts of fear and bravery. Consider grief and feeling uncomfortable emotions. Overall, take a look at how the story impacted you as a reader — did it change you or your thinking? Here are questions to get you started.

### **QUESTIONS FOR DISCUSSION:**

1. Everything and everyone seems sinister to Charlie. Describe all the things Charlie sees as sinister at the start of the story.
2. Charlie's feelings of anger mask another emotion. Which emotion is he masking? Does this happen to you or people you know?
3. Charlie avoids sleeping to avoid his nightmares. What finally motivates Charlie to face his fears? Why do you think it is so hard to face our fears?
4. What was Alfie afraid of? How did he conquer his fear? What about Rocco and Paige?
5. What was Charlie's *biggest* fear? Why do you think that was?
6. In the old days, some people were afraid of bathing. What are people afraid of now? What are you afraid of?
7. The witch in Charlie's nightmare looks like Charlotte. What makes Charlie eventually change his mind about Charlotte being a witch?
8. Friends play a big role in this story. What does the author want you to understand about friendship?
9. Meduso says, "You can't skip the hard stuff. Try to solve a problem the easy way and it will only get worse." Share an example from your own life when this was true.
10. This book has a sequel called *Nightmares! The Sleepwalker Tonic*. Do you think you'll read it? Why or why not?