

Know My Name

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

What small comfort (a blanket, a snack, a person to text) did you reach for while reading this book?

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WARM-UP

2

Where did you do most of your reading, and did the setting feel like the right place to sit with Chanel's story?

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DISCUSSION

3

Chanel writes a lot about her family and her sister. What moments of family warmth stayed with you, and did they remind you of anyone in your own life?

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DISCUSSION

4

Art, baking, and writing show up as forms of mending throughout the book. What do you turn to when you need to feel like yourself again?

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DISCUSSION

5

How did Chanel's voice on the page make you feel as a reader, almost like she was sitting next to you? Were there passages where you wanted to slow down and stay a while?

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DISCUSSION

6

The book is called Know My Name. What does being truly known by the people in your life mean to you, and who in your world makes you feel that way?

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DEEP

7

Were there moments that were hard to read but you were glad you read anyway? How did you take care of yourself through those pages?

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DEEP

8

By the end, what feeling did the book leave you with, and is there anything you want to carry into how you show up for the people around you?

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