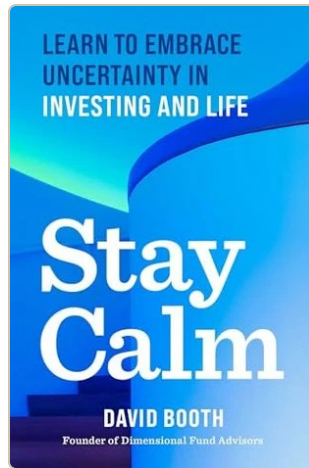


BOOK CLUB NIGHT KIT



Stay Calm

David Booth

🌙 COZY NIGHT

Stay Calm by David Booth invites readers to slow down and think about steadiness, worry, and the small things that settle us, which makes it a perfect pick for a soft, unhurried evening together.

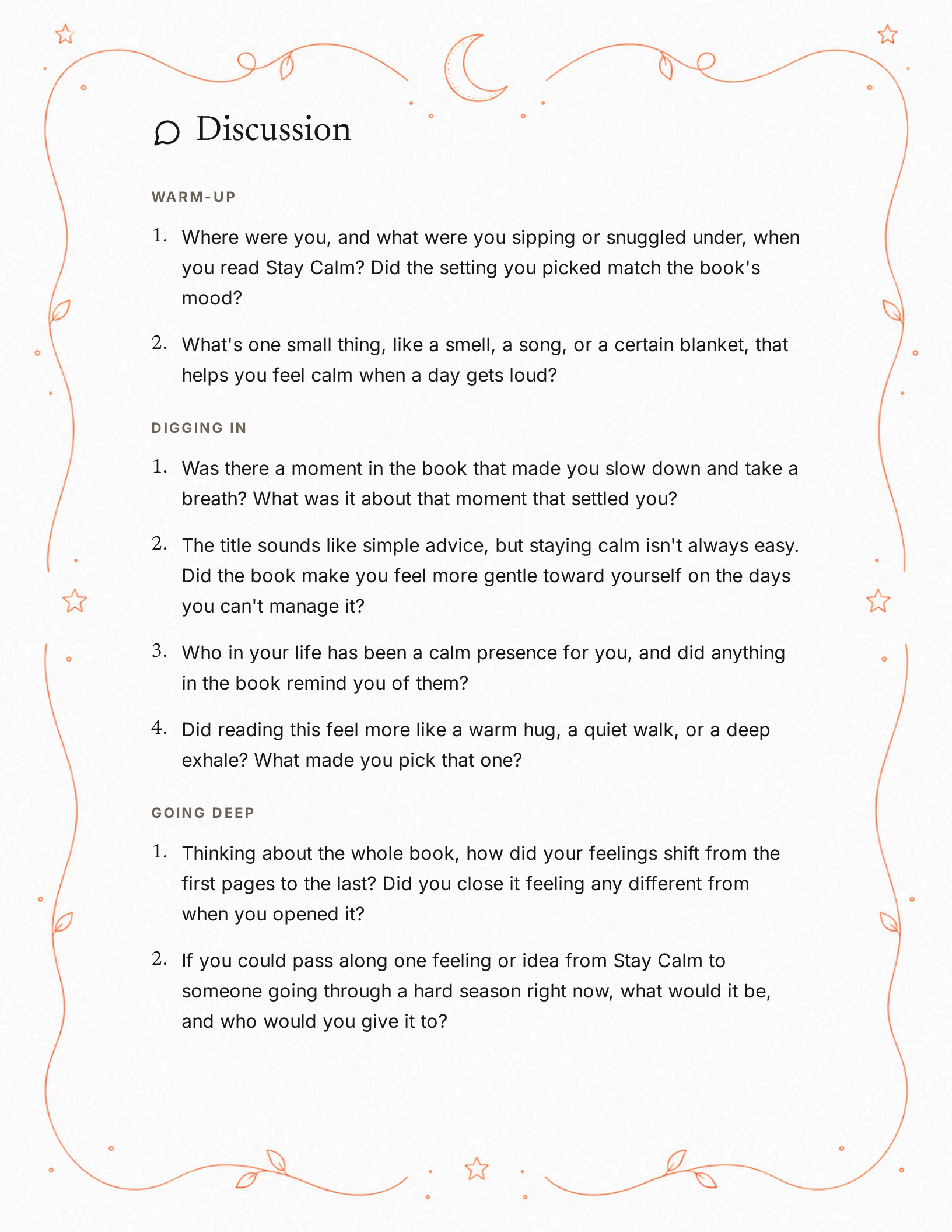
Come Stay Calm With Us

Bring your coziest socks and your copy of Stay Calm by David Booth for an evening of warm soup, soft music, and gentle conversation. The kettle will be on.

Reading level: Easy

Best for: Clubs that love heartfelt sharing, soft lighting, and a second cup of something warm





Discussion

WARM-UP

1. Where were you, and what were you sipping or snuggled under, when you read *Stay Calm*? Did the setting you picked match the book's mood?
2. What's one small thing, like a smell, a song, or a certain blanket, that helps you feel calm when a day gets loud?

DIGGING IN

1. Was there a moment in the book that made you slow down and take a breath? What was it about that moment that settled you?
2. The title sounds like simple advice, but staying calm isn't always easy. Did the book make you feel more gentle toward yourself on the days you can't manage it?
3. Who in your life has been a calm presence for you, and did anything in the book remind you of them?
4. Did reading this feel more like a warm hug, a quiet walk, or a deep exhale? What made you pick that one?

GOING DEEP

1. Thinking about the whole book, how did your feelings shift from the first pages to the last? Did you close it feeling any different from when you opened it?
2. If you could pass along one feeling or idea from *Stay Calm* to someone going through a hard season right now, what would it be, and who would you give it to?

☕ On the table & to sip

TO EAT

🏠 **Slow-Simmered Tomato Soup with Grilled Cheese Dippers**

The ultimate calming classic. Make the soup ahead and keep it warm on the stove so the evening stays unhurried, just like the book's spirit.

🍪 **Warm Oatmeal Cookies with Cinnamon and Honey**

Soft, homey, and a little indulgent. Baking them just before guests arrive fills the room with a smell that says 'relax, you're home.'

🏠 **Honey-Drizzled Baked Brie with Apple Slices**

A gentle, shareable centerpiece that takes minutes to prep and invites everyone to slow down and gather around the table.

TO SIP

☕ **Chamomile Honey Lavender Tea (no alcohol)**

Chamomile is the classic calming cup, which makes it a natural nod to the title. Serve it in mismatched mugs for extra coziness.

☕ **Spiced Hot Apple Cider (no alcohol)**

Simmered with cinnamon sticks and cloves, it's warm and soothing and makes the whole house smell welcoming. Easy to keep going in a slow cooker.

🍷 **Vanilla Bourbon Hot Toddy**

A warm, mellow nightcap for those who want one. Honey, lemon, and a splash of bourbon make an unwinding sip that suits a book about staying steady.



Run of show

7:00

Soft Arrival

Greet guests with a warm mug and let them pick a cozy seat.
Blankets and slippers are welcome.

7:15

Nibble and Settle

Serve the baked brie and cider. Let conversation drift naturally with no book talk yet.

7:35

Calm Corner Warm-Up

Go around with the two warm-up questions. Keep it light and let everyone share a small comfort.

8:00

Soup and Story

Bring out the tomato soup and grilled cheese, then move into the theme questions while everyone eats.

8:40

Deeper by Candlelight

Dim the lights, pour tea or toddies, and open up the two deep questions for anyone who wants to share.

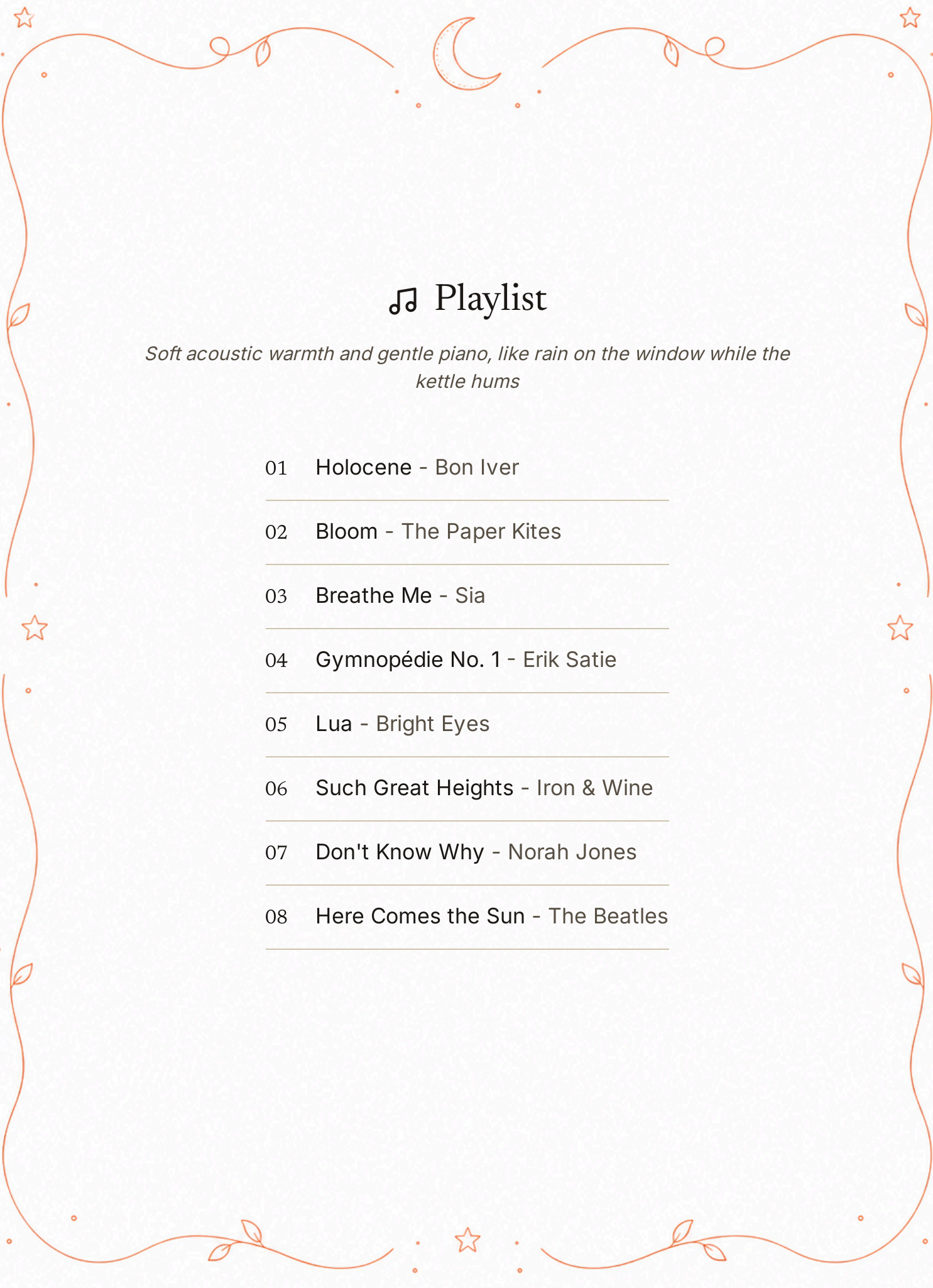
9:10

Cookies and a Gentle Close

Serve warm cookies, fill in scorecards, hand out bookmarks, and let the evening wind down at its own pace.

HOST TIPS

- Make it clear that passing on a question is always okay, since low pressure is what makes a cozy night feel safe.
- Prep soup and cookie dough the day before so you can actually sit and relax with your guests.
- Keep a basket of extra blankets and a small lamp or candles nearby to set a soft, calming glow.



🎵 Playlist

Soft acoustic warmth and gentle piano, like rain on the window while the kettle hums

01 Holocene - Bon Iver

02 Bloom - The Paper Kites

03 Breathe Me - Sia

04 Gymnopédie No. 1 - Erik Satie

05 Lua - Bright Eyes

06 Such Great Heights - Iron & Wine

07 Don't Know Why - Norah Jones

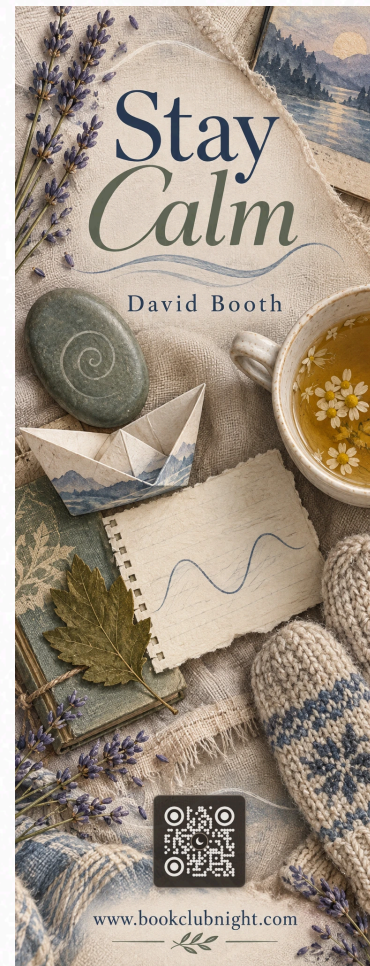
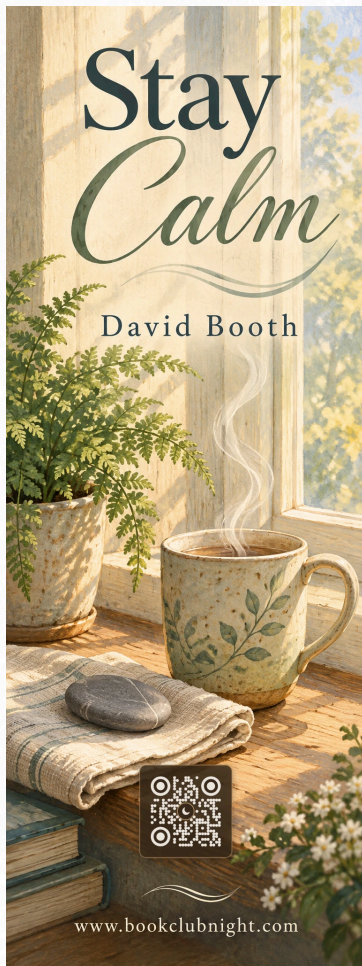
08 Here Comes the Sun - The Beatles

✧ Trivia

1. The famous 'Keep Calm and Carry On' poster was first produced by which country's government? (The United Kingdom (in 1939))
2. The 'Keep Calm and Carry On' poster went mostly unseen for decades until a copy turned up in 2000 in what kind of shop? (A secondhand bookshop (Barter Books in Alnwick, England))
3. Which flower, a relative of the daisy, is best known for making a calming bedtime tea? (Chamomile)
4. What Danish word describes a feeling of cozy contentment and warmth? (Hygge)
5. In 'box breathing,' a common calming technique, how many equal steps make up one full breath cycle? (Four (inhale, hold, exhale, hold))
6. Which French composer wrote the gentle piano piece 'Gymnopédie No. 1'? (Erik Satie)
7. What sweet ingredient is traditionally stirred into a hot toddy with lemon? (Honey)

□ Bookmarks

Print, cut, and tuck one at every seat, a small keepsake from the night.



☆ Rate the book

Comfort Level ☆ ☆ ☆ ☆ ☆

Heart-Warming Moments ☆ ☆ ☆ ☆ ☆

Calming Effect ☆ ☆ ☆ ☆ ☆

Reread-Under-a-Blanket Factor ☆ ☆ ☆ ☆ ☆

Would Gift to a Friend ☆ ☆ ☆ ☆ ☆

This book felt like a cup of: _____

The moment that made me exhale was: _____

One word for how I felt after reading: _____

THAT'S A WRAP

Thank you for coming

We hope the company was good and the conversation even better. Until the next chapter.



Plan your own book club night

Scan the code or visit **bookclubnight.com**

Book Club Night