

THE HEALING POWERS OF DUDE



THE NORA PROJECT

...because everyone has a story.

DISCUSSION GUIDE

Second Step: Homeroom

- Noah experiences a lot of anxiety about his first day of school. If you were a kid at Noah's school, what could you do to show empathy and help make his first day easier?
- Part of being a good friend is being a feelings detective. What do you notice about Noah's body language or the way he talks that might indicate that he's having an anxiety attack?
- Have you ever felt that way or noticed a friend feeling that way? How did you help?
- Noah shares with Amara that he has Social Anxiety Disorder. This changes their relationship. Why was it important for Noah to share his story with Amara?

1
EPISODE

Getting to Know You

- Simon and Amara work together to support Noah as he prepares for his class presentation. What can we learn from them about what it means to be a good friend?

2
EPISODE

Game On

- Noah is really concerned about impressing Simon and Amara when they come over to play the new video game. Have you ever worried about impressing a friend?
- What lessons can we learn about friendship from this episode?
- Embry feels ignored and left out in this episode. Have you ever felt that way? How did you handle it?

3
EPISODE

Lord of the Bus

- Simon is getting bullied in this episode. At first, Noah acts as a bystander and doesn't support Simon. How does that make Simon feel? How do you know?
- Amara is a good friend to Noah and Simon in this episode. What does she do to support her friends?
- Noah gathers the courage to stand up to the bullies and support his friend. How do you imagine that felt for Noah? What about Simon?

4
EPISODE

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DISCUSSION GUIDE

Middle School Musical

- Even though Amara is really talented and gives a great audition, she doesn't get the lead role in the musical. What can you infer about why she isn't chosen?
- Ableism is the practice of discriminating against people with disabilities and favoring people who do not have disabilities. Do you see any examples of ableism in this episode?
- Noah puts a lot of pressure on himself to make a perfect post on social media. Why do you think he feels like this? Can you relate?

5
EPISODE

Buried Treasure

- When Dude breaks the sculpture, how do Noah, Simon, and Amara work together? What does this tell you about their friendship?
- Do you think Noah, Simon, and Amara made the right decision to try to fix the statue? Would you have done something different?

6
EPISODE

House Party of Horrors

- Simon, Amara, and Noah experience a misunderstanding in this episode. What could the friends have done to prevent that?
- Each of the friends is uncomfortable at some point in this episode. Discuss how each person was feeling by stepping into their shoes.

7
EPISODE

I'll be Right Here

- At the beginning of the episode, Noah is feeling really down about what happened at the party. How do you think Simon and Amara were feeling? How do you know? Did they have a right to feel that way? If you were in Noah's position, what would you do to fix the situation?
- Noah steps out of his comfort zone in order to support Amara. What does this tell you about the way that Noah feels about his friends?

8
EPISODE