

Not If I Can Help It

Author: Carolyn Mackler

NC Kids Digital Library [ebook](#) & [audiobook](#) available

Related Books:

Best Friend Next Door by Carolyn Mackler

The List of Things That Will Not Change by Rebecca Stead

What Stars Are Made Of by Sarah Elisabeth Allen

Waiting for Normal by Leslie Connor

Superstar by Mandy Davis

Save Me a Seat by Sarah Weeks and Gita Varadarajan

Websites:

<https://www.carolynmackler.com/>

<https://childmind.org/article/sensory-processing-issues-explained/>

<https://www.understood.org/articles/en/understanding-sensory-processing-issues>

<https://anchoredhopecounseling.net/2017/08/03/truth-blending-families-childs-perspective/>

Book Trailer:

[Not If I Can Help It by Carolyn Mackler](#)

[Brightwaters Public Library Book Trailer](#)

Book Talk:

[Broomfield Book Talks for Kids](#)

[Not If I Can Help It Book Talk](#)

Discussion Questions

1. How realistic does the portrayal of family life among divorced parents seem in *Not If I Can Help It*? What books or shows depict family life in a way that reflects your experiences or observations?
2. Willa's adversary, Avery, finds an old video of Willa on YouTube where she's doing something embarrassing. What do you allow to be put on the internet? What if something is posted without your permission?
3. Willa's dad doesn't let the kids use phones or devices in their rooms, but Ruby's mom is more lax. What are the screentime rules in your family?
4. What is Sensory Processing Disorder? Why might it be hard to realize someone has it?
5. Which character did you relate to the most? Why?

Activities:

- Try a sensory experiment with 8-10 objects of various textures. Have students record their reaction to the items by touch and discuss similarities and differences in their reactions.
- Try out Listen & Build with Legos. Divide bricks evenly. Put a divider between person one and two. Person one builds a small item, then tells person two how to build the same thing. When the build is complete, share the results with one another.
- Build something with Legos as a three-person group. Each person will have a role of engineer, supplier, or builder.
 - **The Engineer:** has a set of instructions for the model and has to request the bricks from the Supplier and direct the Builder to put the model together
 - **The Supplier:** has the Lego bricks and supplies the Engineer with the required items upon request
 - **The Builder:** is given the bricks by the Supplier and has to follow the instructions given by the Engineer to make the model.
 - **Remember to follow the Lego rules:** 1. Structures must be built together by the group. 2. Use quiet indoor voices without shouting. 3. Use kind and polite words. 4. Keep your hands and your feet to yourself. 5. Do not put LEGO® bricks in your mouth. 6. At the end of the activity, tidy everything away and put it back where it came from.