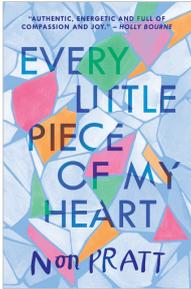




# Walker Books Classroom Ideas



## Every Little Piece of My Heart

Non Pratt  
ISBN 9781406366945  
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\*Notes may be downloaded and printed for regular classroom use only.

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## Outline:

When Sophie receives a parcel from her best friend, Freya, she expects it to contain the reason why Freya left town so suddenly, without goodbyes and without explanation. Instead, she finds a letter addressed to Win, a girl Freya barely knew – or did she? As more letters arrive for more people on the periphery of Freya's life, Sophie and Win begin to piece together who Freya was and why she left. Sometimes it's not about who's gone, but about who they leave behind...

## Author/Illustrator Information:

Non Pratt grew up in Teesside and now lives in London. Her debut novel, *Trouble*, was shortlisted for the YA Book Prize and the Branford Boase. It was also longlisted for the Carnegie Medal. She has also written beloved novels *Truth or Dare*, *Remix* and *Unboxed*. Find out more about Non and her books by following her on Twitter (@NonPratt).

## How to Use These Notes:

This story works on many levels. The suggested activities are therefore for a wide age and ability range. Please select accordingly.

**These notes are for:**  
• Ages 14+

**Key Learning Areas:**  
• English

**Example of:**  
• Fiction

**Themes/Ideas:**  
• Friendship  
• LGBTQI+  
• Illness  
• Belonging



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## Discussion Questions and Activities:

Even though she is a key focus of the book, we never see events from Freya's perspective, only how the other characters interpret her actions. Did this affect how you felt about Freya as a character, and did your opinion on her change throughout the book? Why or why not? How is the Freya that Sophie knew similar or different to how Lucas saw her, or Ryan or Win?

Although told entirely in third person, the story is seen through the eyes of the four characters in Freya's parcel: Sophie, Lucas, Win and Ryan. How did the different perspectives affect you as a reader? Did you find yourself connecting to one character more than another?

The novel is full of pop culture references, especially to the Marvel Cinematic Universe. How and why are these characters important to Sunny and Win? What might they represent to them?

"A revelation that broke Sophie's heart just that little bit further because she knew now that Freya had performed for her. They both had. A vicious circle of behaving the way each thought the other wanted to see" (page 311). Sophie and Freya clearly cared for each-other, but Sophie also realises that they weren't always genuine in their friendship. What do you think they "the other wanted to see?" Discuss the idea of why people might find themselves 'performing' in friendships and relationships, and how we might 'perform' for others through our social media especially.

Consider the author's foreword. Why do you think Non Pratt chose to include this before the book? Do you think it's important to have diverse stories from diverse voices? As a reader, what ways are there for you to contribute and affect change?

Sophie suffers from lupus, an autoimmune disease. What are some of the challenges of living with a chronic 'invisible' illness that we see through Sophie in the novel? Consider the emotional and social difficulties as well as the physical challenges. Are there social stigmas around illnesses like lupus? How could that be improved?

Non Pratt mentions The Spoon Theory by Christine Miserandino, a metaphor for living with a disability that Miserandino used to convey her experience of daily life with lupus to others (you can watch her speaking about the Theory here). In summary, The Spoon Theory is a simple way to quantify energy. Most people start the day with unlimited energy (spoons) but when you're living with a debilitating disease like lupus you have a limited number of spoons each day, and The Spoon Theory is a tangible way to indicate how even simple tasks take that energy away from you. How do you think The Spoon Theory applies to Sophie in *Every Little Piece of My Heart*? Why is this a helpful way to consider what it's like to live with a chronic illness, and how could it also apply to people living with other conditions, such as depression?

What did you think of the ending? Do you think Sophie picks up Freya's call? Do you think the group continue being friends? Why or why not?

### Other Great Titles From Walker Books



**Truth or Dare**  
Non Pratt  
9781406366938



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Tom Pollock  
9781406378184



**Blood Moon**  
Lucy Cuthew  
9781406393446  
Classroom ideas available



**Small Spaces**  
Sarah Epstein  
9781921977381  
Classroom ideas available