



Discussion Guide

Theme Three: Huge Impact Family Routines

Suggested Questions

Week 1: Sleep and Exercise Make Us Happy and Smart

- Do you get enough exercise? If so, how do you make it happen? If not, what are the biggest obstacles to your success?
- Do your kids get enough physical activity?
- Do you feel better when you get 8+ hours of sleep? What are the biggest obstacles for you in terms of making this happen?
- Are your kids happier at school when they are getting more sleep?

Week 2: You Can Do It—Capturing the Power of Family Mealtime

- Do you eat five meals a week with your kids? If so, how do you make it happen? If not, what are the biggest obstacles to your success?
- Do your kids like family mealtimes? Why or why not?
- Did you try the mealtime upgrades? Do you feel you are getting more out of mealtimes?

Week 3: How to Raise Grateful Children

- Share your gratitude practices. What is working? What obstacles did you face, and how did you overcome them?



Week 4: Taking In the Good

- What end-of-the-day routines have you created in your family?
- What is working, and what didn't work for you?

Tips for Discussion Group Leaders

Are you leading a discussion group for the first time? How great! Here are some things to consider:

- Many people feel nervous if they are the first to arrive, so be sure to arrive a little early so that you can make introductions.
- If your group has more than just a few members, why not have name tags? Even if there is only one person who doesn't know everyone else, think of how much more relaxing it will be for him or her.
- What is going to make your group fun? Are you meeting in a fun place? Going for a hike? Will there be any food and drinks?
- Warm people up with a quick ice-breaker, e.g. have people tell about a happy moment from their childhood.
- Arrange yourselves in a circle, and during the warm-up, have people introduce themselves in the order they are sitting (rather than randomly). That way, the shyer people will be encouraged to speak right away.
- As the discussion leader, be sure to encourage everyone to answer the questions you pose. Similarly, encourage people to refrain from judgment and to be supportive.
- Have fun!