PROMPTS FOR TABLE TALK

SOURCES OF STRENGTH

FAMILY SUPPORT	• What unique traditions do we have in our family? • What makes a person "family"? • Who do you consider to be your "family of choice"? • How do you show Family Support to others?
POSITIVE FRIENDS	• What makes a person a Positive Friend? • Who is your most Positive Friend and why? • When has a Positive Friend been honest with you and it helped? • When has a Positive Friend helped you in a difficult time?
MENTORS	• Who is a Mentor for you & what do you appreciate about them? • Who is a Trusted Adult that makes you feel safe to be yourself? • What adult do you most commonly ask for help, whether with school, a social issue, etc? • How can a Trusted Adult gain your trust?
HEALTHY ACTIVITIES	• What are your favorite calming, Healthy Activities? • What are three Healthy Activities you enjoy? • What are your favorite energizing Healthy Activities? • What is a Healthy Activity you might like to try or learn about?
GENEROSITY	• How has a person been generous towards you? • How are we generous towards our community? • What is one way you can show Generosity today? • What is your favorite way to be generous?
SPIRITUALITY	• How do we experience Spirituality as a family? • What are spiritual or gratitude practices that help you? • Where are spiritual places for you? • Name three things you are grateful for today.
PHYSICAL HEALTH	• How can we remember to drink water throughout the day? • How did you take care of your Physical health today? • Do you feel like you have slept enough this wee? How do you know? • What is one healthy food item you want for dinner tomorrow?
MENTAL HEALTH	• What helps you feel like you belong to your self or a group? • When you feel overwhelmed, who helps you feel calm? • When you are angry, what activity helps you cool down & cope? • When you feel sadness, who are the people you want to connect with?