

Discussion Questions for “Jack and His Mind”

- Who is the main character in the story?
- What is the problem that Jack is facing?
- How does Jack's mom help him with his problem?
- What are some of the things Jack does to help control his mind?
- Does Jack's mind always listen to him? Why or why not?
- What lesson does Jack learn in the story, and what can we learn from it?
- Can you think of a time when your mind felt like it was running away from you? What could you do to calm it down and take control?
- How can you use deep breathing and positive self-talk to help you when you're feeling worried or overwhelmed?
- Think of something you're good at, or something that makes you happy. How can you focus on that when your mind starts to wander or you're feeling down?