

Be an Includer

Discussion Starters



What does it mean to include others or to be an includer?



If you see a kid standing by themselves, how can you include them?



If a new kid comes to school, how can you make them feel welcome?



Have you ever felt lonely? Why do you think you felt that way?



If a kid is watching you play a game, what can you say to include them in your game?



Why is it important to NOT talk about birthday parties & playdates in front of others who are not invited?



Do you have a Buddy Bench at school? Have you ever sat on it?



If you see a classmate sitting alone, how do you think they feel? What could you do about it?



What could you do if a classmate says another friend can't play?



Who can you invite to join in at recess? Why would you choose them?



Do you have to be alone to be lonely? Have you ever felt lonely but been around people?



Why do you think it's important to include others and invite them to join in?



Being More Helpful Discussion Starters



If you see someone who could use help, what could you do or say?



What does it mean to be helpful? Why should you be more helpful?



Which community helpers do you know that are helpers?



Who should you not help? What adults should you NOT help?



When our family grocery shops, how can you be a helper?



When we're cooking a meal, how can you be more of a helper?



What is a new family chore you would like to try?



Why is it important to do chores? What would happen if we all stopped doing them?



What would happen if no one helped someone who needed it?



When you find something on the ground, what can you do to be helpful?



How can you be more helpful to your parents?
To your siblings?



How can you be more helpful to your teacher?
To your classmates?



Friendship Discussion Starters



Who are your closest friends? Why are they your friends?



What qualities make someone a good friend?



How do you make a new friend? What does it sound like? What does it look like?



When a friend upsets you, what can you do?



How can you comfort a friend who is upset or hurt?



What qualities would make a bad friend or someone who is not a "true friend"?



What do you and your friends like to do during recess/playtime?



Who are your parents' friends? Why do you think we're friends with them?



Do friends have to like all the same things? Why?



Do you have to be friends with people who are unkind to you?



How were you a good friend today? What did you do or say?



What makes a best friend a little different than a friend?



Kindness Discussion Starters



What does kindness look like? Sound like? Feel like?



Why do you think it's important to be kind?



What was the last kind thing you did for someone else?



How does being kind to someone else make you feel?



How do you think other people feel when you are kind to them?



How can we show kindness to "safe strangers?"



How can you show more kindness to your siblings?



How does it feel when someone is unkind to you?



What was a kind thing that someone did for you? Why do you think they did it?



How can you show kindness to someone who is being unkind to others?



If you saw a kid crying on the playground, what could you do?



How can you show more kindness to your classmates at school?



Mindful of Others

Discussion Starters



What does it mean to be mindful of others?



When you're exiting a store or restaurant, how can you be mindful of others?



When you're done with lunch and don't clean up, is that being mindful of others? Why?



How can you be more mindful of others when you're walking down a street?



When you're in a movie theater, how can you be more mindful of others?



How can you be more mindful of others when you cough or sneeze?



If you're somewhere crowded, how can you be mindful of others?



We all live in this home together...how can we be more mindful of each other?



When you're waiting to get on an elevator, how can you be mindful of others getting off the elevator?



How can you be mindful of other people when you're watching TV or a movie?



When there's only one cookie left, how can you be mindful of others?



Why do you think it's important to be mindful of others?

