

InnerFlow Classroom Discussion Guide

Designed for use with all books in the *What Is It to Be Well?* series.

General Discussion Questions

1. What do you think this story is really about?
2. What did you learn today?
3. Which character did you relate to most?
4. Why do you think the author wrote this story?
5. What was your favorite page?
6. What surprised you?
7. What was difficult to understand?
8. How did the story make you feel?
9. What healthy choices did the characters make?
10. What could the characters have done differently?
11. Have you ever experienced something similar?
12. What advice would you give the main character?
13. Which part of Brain, Body, Behavior, or Bonds did you notice most?
14. Why is that part important?
15. What can we practice today because of this story?
16. How could this lesson help our classroom?
17. How could it help your family?
18. What is one small change you could make this week?
19. What questions do you still have?
20. If you wrote another page for this book, what would happen next?
21. How would you explain today's lesson to a younger child?
22. What would you like to learn more about?
23. How did this story connect to something you already knew?
24. What do you think "being well" means after reading this story?
25. What is one thing you want to remember from today?