

Family Discussion Questions

Exploring Our November Theme: Nurturing Gratitude

These questions are designed to help families engage the theme through family discussions and can be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This process strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

1. What is the smallest thing you've been thankful for?
2. What is the biggest thing you've been thankful for?
3. Who is the most grateful person you know? What makes you choose them?
4. Can you think of a time recently when you said "thank you" and it made someone else smile?
5. Is it easier to be thankful for big things (like birthdays, vacations) or small things (like a hug, a snack, sunshine)? Why?
6. Who is someone from the past (an ancestor, a historical figure, or someone who has died) that you feel grateful for?
7. What is a part of nature you are most thankful for? How can we show it care?
8. How does gratitude change the way we feel inside?
9. When has someone recently thanked you? How did that feel?
10. How could we practice gratitude together as a family every day?
11. What's a challenge you've faced recently that you're actually grateful for, because it taught you something or helped you grow?
12. Can you think of someone who has influenced the person you are today? How could you show gratitude to them?
13. How does noticing small daily things you're thankful for change your perspective on stressful or frustrating moments?
14. How can you take your gratitude beyond words—through actions, art, or service?