



ALL PEOPLES

a Unitarian Universalist Congregation

Family Discussion Questions

Exploring Our April Theme: JOY

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. Where do you most often feel joy in your body?
2. Who do you know who is always smiling?
3. Which food brings you the most joy?
4. Animals have many ways of expressing joy. How many ways can you name?
5. We feel joy when we help others. When did helping someone make you feel really joyful?
6. Is there ever a time that you don't want to feel joyful?
7. What's your favorite joke?
8. What would you say are the top three most joyful moments we've had as a family?
9. What is your favorite way to make someone else laugh?
10. Have your parents ever told you the story of the joyful day you came into the family?
11. What the most joyful thing about summer?
12. What's the most joyful thing about the school year?
13. If joy was a flavor of ice cream, what flavor would it be?
14. If joy was a candy bar, which candy bar would it be?
15. If you had to choose between feeling joyful, happy or silly, which would you choose?
16. Do you think joy is something different than happiness? Why or why not?
17. What is one of your favorite/best moments of bringing joy to someone else?
18. Are you mostly a creator of joy, receiver of joy, notice-er of joy or spreader of joy?
19. What is something that brings you joy that very few people know about?
20. What are some small things that bring you joy in your daily life?