

Family Discussion Questions

Exploring Our March Theme: Paying Attention

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. Who do you think pays better attention? Adults or kids? Why?
2. Do you pay better attention when you are sitting quietly and listening or standing and moving around a little?
3. Name your most helpful and most unhelpful way of getting the attention of your parents. How about your most helpful and most unhelpful ways of getting the attention of your friends?
4. One way we pay attention to people is to give them compliments. What's one of the best compliments you've received?
5. Would you rather be the center of a group's attention or be among the crowd of observers? Why?
6. What topic or subject almost always has your full attention?
7. How do you know when your pet wants your attention?
8. Sometimes, when our attention wanders, we actually come up with some pretty great ideas or realizations. Describe a recent daydream or wandering thought that was interesting to you?
9. What's the best way to get the attention of trusted adults outside of your immediate family, if you needed their help?
10. How does it feel to you when you get attention that you DO NOT want, such as when you make a big mistake (or get loudly blamed for one!), or accidentally do something really noticeable?
11. What social justice issue do you wish adults would pay more attention to?

