

Discussion Prompts

Discuss the following questions with your students or your children for a fun, meaningful conversation.

- **How do you get angry without screaming and hurting those around you?**
- **What can we do to help us control our bodies and our behavior when we are angry?**
- **What does it mean to be strong? Examples are having muscles, running fast, opening the water bottle, etc....**
- **What are some things that are difficult for us and require strength to accomplish?**
- **Can we be strong in our minds and not our bodies?**



These questions pair well with chapter 1 from the second book in the Mishnafari Series, *Rolling and Controlling*. You can find the book and more activities at www.mishnafari.com