

LIVING WISELY

WEEK 2 | CHILDREN

SESSION 1

Here are some discussion questions to chat about, based off the first 'living well' video about healthy rhythms.

CHAT:

Do you find it easy to be by yourself?

How much time do you have on your own?

How can you make sure you have some 'space'?

What's your favourite way to use your brain? (maybe maths/ reading/ science experiments)

Are you doing any of these things at the moment?

How can you fit these in?

Are you seeing your friends and family?

If not, how can you make sure this is in your daily plan?

Spending time with Jesus is so important. Do you do this?

Perhaps you could see if your family could do something with you?

Perhaps it's worth coming up with a timetable (if you haven't already) but make sure it includes:

- Alone time
- Brain time
- Friend time
- Jesus time