

CONNECTION CIRCLES

LOW LEVEL & OPEN-ENDED QUESTIONS

LOW LEVEL QUESTIONS

What is something you can laugh at even in tough times? (movies, TV shows)

Who is a role model for you?

What is one positive thing you can do for yourself in the next week?

Who can you talk to about your anxieties and concerns?

What is a source of strength for you at this time?

What is your favorite music for lifting your spirit?

In this new reality, what are you grateful for?

What do you want to learn from this?

OPEN ENDED QUESTIONS

What does this moment mean to you?

What gives you hope?

What is on your heart today?

What is bringing comfort at this time?

How is this situation impacting your relationships in your family?

How can we support each other through this difficult time?

What is the hardest part of this situation for you?

How do you see yourself growing from this?