



## 3 Screens

### *“Me at My Best” Discussion Guide*

*Intended for use as soon as possible after the assembly program.*

**Allow 15-20 minutes to discuss the following questions:**

If you don't have time for all of the following questions, choose those you think will be best in your situation:

1. What did you like best in the assembly program? Why?
2. What kinds of things happen when you act like “It’s all about me”?
3. When someone is bullying, who do you think they are thinking is most important?
4. While you’re helping someone else, or you are involved in a good project, do you think you would be less likely or more likely to be mean to someone?
5. Does anyone have a friend that can’t do everything you can do (because they’re sick or have a disability)? How does it make you feel when you help them? How would it make them feel if you complained about helping them?
6. What is the most difficult problem you’ve had to overcome? What did you learn from it? Could you use what you’ve learned to help someone else?
7. What good things can you do every day to help others have a better day? (List answers on the board.)

**Vocabulary:** Habitat; Buoy; Leukemia; Bone marrow; Donor; Birthmark; Port wine stain

*Important Note: Bone marrow donors must be at least eighteen years old, but kids can encourage adults to get tested.*

**Links:** [donnalove.com](http://donnalove.com) (order her book called Loons); [ashleestoycloset.org](http://ashleestoycloset.org); [caninecompanions.org](http://caninecompanions.org); [helppatrickwalk.org](http://helppatrickwalk.org); [drivingfordonors.com](http://drivingfordonors.com); [buddyboobiesbirthmark.com](http://buddyboobiesbirthmark.com) (order the book)