

# A DISCUSSION GUIDE FOR



REAL PEOPLE. REAL STORIES. REAL HEART.  
REAL CONVERSATIONS.

## Contents

Introduction . . . . .	1
Helping Those Who Are in Need . . . . .	2–3
Having Fun In Life . . . . .	4–5
Performing Acts of Kindness . . . . .	6–7
Recognizing the Importance of Service Animals . . . . .	8
Creating Holiday Memories . . . . .	9
Embracing Our Differences . . . . .	10
Remembering Loved Ones . . . . .	11
Embracing Your Body . . . . .	12
Understanding Autism . . . . .	13
Honoring Our Heroes . . . . .	14
Love What Matters “Bingo” Game . . . . .	15–17
“What I Like About You” Game . . . . .	18

---

## INTRODUCTION

Now that you have read *Love What Matters*—and have gone through a tissue box or two—we want to help you share these inspiring stories with your children.

These beautiful examples of kindness, love, friendship, selflessness, bravery, and courage highlight the very best of humanity. The ultimate way to “pay it forward” is to instill these values in our children. Studies have shown that altruistic and empathetic people are happier, which of course means happier and more generous societies. Good deeds have a tendency to multiply, and we all need a little of that lately.

In that spirit, we have summarized some of the stories in the book and broken them out into topics you may wish to explore. Hopefully, these little discussion starters and activity ideas will spark the creativity in each of your family members, and help all of you model the kind of behavior you want to see in the world.

It is likely that the outcome of these discussions around the dinner table, on long car rides, or in your living rooms will find their way into the Love What Matters community in the future. We welcome hearing about the cool things that happen when you open the door to compassion.

As we educate our kids and prepare them for the future, let’s send them out into the world knowing what really matters — *love*.



LOVE WHAT MATTERS

Red Seat Ventures ♥ 272 pages

ISBN: 978-1-5011-6913-7

Available wherever books are sold.

## HELPING THOSE WHO ARE IN NEED

A boy noticed a friend at school had shoes that were in really bad shape. He asked his mom if he could give a pair of his LeBron sneakers to him. He said, "Why should I have all these nice shoes and my friend has to glue the bottoms on his?" (p. 85)

A boy wanted to help homeless people asking for money on street corners. So he and his mom made care packages with socks, snacks, and toiletries to give out to them. (p. 86)

A little boy knelt down and formed a table so his little sister could stand on his back and reach the drinking fountain. (p. 118)

A twelve-year-old boy was with his mom at a gas station when he noticed an older man having trouble pumping gas. He went over and did all the work for him, and even went into the store to get his change. (p. 132)

A boy went to school with a new coat. He took the old one in his locker that didn't fit him anymore and gave it to a friend of his that was cold. (p. 158)

A man and his wife lost her ring at the beach. In a panic, the man reached out to several local Facebook pages for help. A complete stranger drove thirty-five minutes to meet the panicked man at the beach, and with his metal detector, they found the ring. (p. 225)

A girl and her family made friends with a veteran who is homeless and injured and had lost hope. They take him food, visit with him, and are planning to go to church together. (p. 231)

### Let's Have a Discussion

#### ALL AGES

- Do you think our family is doing all it can do help those in need?
- What things do we have that others may need?
- If we were making care packages for the homeless, what kinds of items should we include?
- What is your first thought when you see someone at an intersection asking for help?
- What other kinds of people may be in need? What are your ideas about how to help them?
- Can you think of anyone you know who may be in need? What have you noticed that indicates that?

#### YOUNGER KIDS

- Have you ever shared something with someone? Explain why or why not. How did it make you feel?
- Has anyone ever shared anything with you?
- What are some ways you can offer to share or help people?
- How do you feel when you don't want to share something? What do you think the other person may feel?
- Have you ever needed something but no one would help you? How did you feel?
- Why is it important to help others?

#### OLDER KIDS

- If you saw someone at school who needed something, like the boy who had worn out shoes, would you help that person? Why or why not?
- What is your first thought when you see a classmate who may not dress as nicely as you? What is your second thought?
- Besides donating clothes or other items, what else could you do to help enrich their lives?
- What suggestions could you make to your school administration that would assist kids in need?

## A DISCUSSION GUIDE FOR helping those who are in need

LOVE WHAT MATTERS

- Do you feel like students at your school are charitable, or willing to help others?
- What prevents you from getting involved if someone needs something?
- Is there a charity you are interested in working with, and why?

### Let's Get Involved

- Go to school or work tomorrow and give to someone in need -- maybe they need lunch money, a helping hand carrying their books, change for the vending machine, directions to someplace, or help with a project. Then talk about your experiences the next evening.
- Everyone put loose change in a jar for a specified amount of time (a month, three months, etc.) and at the end of the time frame, a designated family member chooses what to do with the money collected. Take turns choosing a project.
- Choose something you own that is in good condition, but you no longer need. Give it to someone who does need it, and tell them how much it meant to you.

————— *Giving Tuesday is the Tuesday after Thanksgiving* —————

## HAVING FUN IN LIFE

A first-grade teacher made a dress out of fabric she had imprinted with her students' artwork and wore it on the last day of school. (p. 77)

A mom let a little girl celebrate her first birthday with a "taco smash" instead of a cake smash. (p. 78)

Two kids were about to board a plane with their skateboards, and the pilot decided he needed to "inspect" them to make sure they were okay to fly. So, he rode each one of them down the jetway to the plane! (p. 233)

### Let's Have a Discussion

#### ALL AGES

- What was the last thing you laughed about?
- What sport or hobby would you like to try that you think would be fun, and why?
- Is laughter contagious?
- How do you like to make people laugh?
- How could you incorporate fun or silly things into things you don't enjoy, like homework or chores?

#### YOUNGER KIDS

- What makes you bored?
- What are three things you can do when you are not having fun?
- Would you rather sing for two minutes, dance for two minutes, or do both at the same time?
- How many times do you laugh during the day?
- What are some fun birthday party ideas?
- When do you feel silly or funny?
- Who is someone around you who makes you laugh or enjoys silly things? Why?
- Draw the silliest animal you can think of.

#### OLDER KIDS

- When was the last time you felt carefree, and what made you feel that way?
- How can you change up your daily routine?
- Do you think you'll be the kind of adult who rides a skateboard down the jetway or would doing something like that make you embarrassed?
- When you are ninety years old, what would you like your day to look like?
- What is the silliest or most fun memory you have of grandma/grandpa/aunt/uncle?
- What is something at school that you find fun? How could you make something fun that you don't enjoy?

### Let's Get Involved

- Play a game: Choose a letter, and write down five things that start with that letter that make you laugh or put a smile on your face.
- Challenge: Every family member gets to choose a food they have heard about, but never tried, and incorporate it into a meal. Rate it on a scale of 1 to 10.
- Challenge: Take turns every week telling a new joke.

A DISCUSSION GUIDE FOR  
having fun in life

LOVE WHAT MATTERS

- Challenge: Play “Hide a Smile” by hiding a little drawing or note somewhere for a family member to find; whoever finds it becomes “It” and has to hide something for someone, and see how long you can keep going.
- Ideas: The next time it rains, go dance in the puddles. Sleep out in the backyard in a tent. Wear a costume or funny hat to dinner. Have a conversation with a new person every week, then report back on that conversation. Listen to a radio station you have never listened to, and leave it for at least one song.
- Make a “Family Crest” by having everyone draw designs on a canvas, so everyone’s vision is incorporated into one work of art.
- Mad Libs: If I had (24 hours, a week) to live, I would \_\_\_\_\_ and I would not \_\_\_\_\_. I would eat \_\_\_\_\_. I would wear \_\_\_\_\_. The most important thing to me would be \_\_\_\_\_.

\_\_\_\_\_ *World Laughter Day is the first Sunday of May.* \_\_\_\_\_

## PERFORMING ACTS OF KINDNESS

A man had an extra ticket to a Christmas Day Pittsburgh Steelers game. He gave it to a stranger who was having hard times on the street. The man had never been to a Steelers and game, and he said the gift of being able to attend was the best Christmas gift ever. (p. 103)

A student who usually has trouble boarding his bus always gets words of encouragement from a brother and sister in the mornings. They say, "Come on Jackson, you can do it!" (p. 106)

When his friend arrived in the rain to play at her house, a young boy carried his umbrella over both of them and walked down the street with her, keeping her dry. (p.120)

A mom and her kids were in kind of a hurry at Target, but they had to wait a very long time checking out because there was an older woman in front of them that was taking a long time to count out her money. After watching the clerk be very patient with the woman and seeing how her daughter was intently watching the whole situation, the mom realized the importance of showing patience and kindness to those who are having a harder time doing things. (p. 192)

An airline attendant noticed a little girl was nervous during takeoff, so he calmed her down by talking to her and taking special care of her during the flight. The girl was very afraid to fly and started to have a panic attack during their landing; so the attendant sat with her and held her hand and talked to her until the plane was on the ground. (p. 250)

### Let's Have a Discussion

#### ALL AGES

- Name a time when someone has shown you kindness. How did that make you feel?
- Can you name three times when you have shown kindness to others?
- How do you feel after you've performed a kind act for another person?
- Who is someone at school you or others have been unkind to? How do you think they felt?

#### YOUNGER KIDS

- What can you do right now, at this moment, that is kind?
- Make a grumpy face, then put a big smile on your face. How did you feel while you were making those faces?
- What are some kind acts that you've seen your favorite cartoon character do?

#### OLDER KIDS

- Have you ever held an umbrella for someone, or chosen to get wet so they could stay dry?
- Has an act of kindness ever backfired on you? For instance, maybe you helped someone out, but things didn't turn out the way you wanted them to?
- What holds you back from helping other people or getting involved to do nice things for others?
- Do you think our society encourages us to be kind to others?
- How do people learn kindness?
- If you performed an act of kindness for someone who didn't seem appreciative, would you be glad that you did it? What are some reasons they may not seem appreciative?

### Let's Get Involved

- Challenge: Put a marble in a jar, or sand, or paste a pretty shape onto a collage every time you do something kind. At the end of the year, see what a colorful work of art you have created out of your kindness.



A DISCUSSION GUIDE FOR  
performing acts of kindness

LOVE WHAT MATTERS

- Challenge: Everybody writes down ten acts of kindness you can do at school, at work, running errands, in the neighborhood, at church, during sporting events, for friends and family, etc. Try to get all of them done.
- Every time you read about, or witness, an act of kindness, write it down and share it with the family.
- Challenge: Play Love What Matters “Bingo” (sample game at the end of packet)

————— *National Random Acts of Kindness Day is February 17th* —————

————— *World Smile Day is the first Friday in October* —————



## RECOGNIZING THE IMPORTANCE OF SERVICE ANIMALS

Sometimes it is hard for autistic kids to form attachments to other people. A mother broke down in tears when she saw her autistic son lie down with his head on his new service dog. This was the attachment she wanted for her son, and this loving dog was providing it. (p. 6)

A war veteran and his dog were both hired by Lowe's so they can stay together and support each other. (p. 129)

A little boy with a blood sugar problem has a dog who sleeps next to him and lets his parents know if something is wrong. He has saved this little boy's life by waking his parents up when he needs medication. (p. 228)

### Let's Have a Discussion

#### ALL AGES

- What is your favorite animal, and why?
- Has an animal ever helped or comforted you?
- Can you think of all the situations in which having an animal by your side would be useful?

#### YOUNGER KIDS

- How does it make you feel when you pet an animal?
- What animal are you scared of?
- What should you do if you encounter an animal that's helping someone?
- Do you have a pet who makes you feel better when you're sad?
- Do you think a cat could be a service animal? How about a ferret? A duck?

#### OLDER KIDS

- Do you know the difference between conditional and unconditional love?
- Why do you think we sometimes have an easier time connecting to pets than we do to people?
- What super sense would you rather have: sight, smell or sound, or intuition? Explain.
- Find the most inspiring/uplifting/saddest/emotional story about pets helping people that you can. Let's discuss it.

### Let's Get Involved:

- Many service dogs used by the police in K-9 units are trained by the Dutch, and can only understand Dutch commands. Learn two commands in Dutch that an officer might give to a service dog; someone else might want to learn two commands that a service dog for a blind person is taught, two commands an emotional comfort dog learns to calm autistic kids and those with anxiety, and so on.
- Find a cool animal story where an animal was a superhero and share it with the family.
- Donate food, toys, money, or your time at an animal shelter or to a service animal organization.
- Pick a working dog breed and read up on how they've helped people throughout history.

September is National Service Dog Month

## CREATING HOLIDAY MEMORIES

A family has a tablecloth that everyone signs at Thanksgiving, so they can remember the names of everyone they have shared the holiday with. After the holiday is over, the mom stitches the names into the tablecloth, using a different color for each year. Another family does the same thing, asking people who dine with them to sign their names in permanent markers and write down what they are thankful for. (p. 71)

### Let's Have a Discussion

(ALL AGES)

- What is your favorite holiday and why?
- What things do we do during the holidays that you like?
- What do you remember most about our holidays?
- Name a favorite holiday moment that doesn't involve a gift.
- Which of our holiday traditions would you like to pass on to your children?
- What is a new one we can begin this year?

### Let's Get Involved

- Challenge: Each family member gets assigned a holiday, and they have to come up with an idea for a new ornament, tradition, game, decoration or food item, etc. that the family can discuss.
- Everyone ask a friend or coworker or extended family member to tell them about a holiday tradition they participate in and then share these stories with each other.
- Invite someone to celebrate a holiday with us.
- During the holiday season at the end of the year, what charity, organization or person can we give to or help that we haven't helped before?
- Visit someone who may be lonely, such as people or relatives in nursing homes, a neighbor who just lost a loved one, or a college student who can't go home for Christmas.
- Go around the table and share a happy memory of someone who is no longer with us. If you don't remember them, ask someone else to tell you a story about them.

## EMBRACING OUR DIFFERENCES

A little girl, who is white, has a favorite baby doll, which is black. She named her “Pretty.” (p. 31)

A boy with a birthmark on his face was always being asked what was wrong with him. But one day at school, another boy told him his birthmark was “cool,” and now they are good friends. (p. 32)

A woman who has no pinky finger on her left hand married a man who said he would paint his left pinky finger the color of her nail polish forever so she could use his finger as a “surrogate.” (p. 44)

Someone in the class made a mean remark about a little girl’s birthmark. She didn’t get upset, but she wanted the person who was mean to understand...so she gave the teacher a book about what causes her birthmark to read to the class so everybody might be more kind. (p. 142)

A woman who has a birthmark is always asked about it by strangers. One day she went to the post office, and the man helping her didn’t ask about it, he simply told her she was beautiful. (p. 172)

### Let’s Have a Discussion

#### ALL AGES

- Do you care more how a person looks, or how they behave?
- Have you met anyone with a physical difference (for example missing a finger, a limb, being in a wheelchair, having burn marks, etc.?)
- If you were born with a large birthmark, what part of your body would you like for it to be on (has to be visible)?
- If your birthmark could have a shape, what shape would you like?

#### YOUNGER KIDS

- What is your favorite doll, stuffed animal, or action figure, and why? Does it look like you?
  - Has anyone stared at you and made you feel uncomfortable?
  - Have you ever heard anyone make fun of someone else’s appearance? If so, did you do or say anything about it?
  - Have you ever made fun of anyone because of the way they look?
- Is there someone at school who looks differently than you do? In what ways are you similar?

#### OLDER KIDS

- What is the first thing you think when you see someone with a birthmark, a scar, an injury, etc.?
- Helen Keller said, “The chief handicap of the blind is not blindness, but the attitude of seeing people towards them.” Do you understand what she meant?
- Do you feel you have a diverse group of friends?

### Let’s Get Involved

- Challenge: Everybody name ten physical ways people are different.
- Challenge: Have a physical difference, or disability, for the day. Wear dark sunglasses, a bandage on your face, or wrap a finger or a hand up so you are unable to use it. Note your experiences.
- MadLibs: It would make me feel \_\_\_\_\_ if someone said something mean about my \_\_\_\_\_.
- MadLibs: When I see someone with a (scar, burn, etc.) the first thing I think is \_\_\_\_\_ and the second thing I think is \_\_\_\_\_.

— *Vascular Birthmark International Day of Awareness is May 15* —

## REMEMBERING LOVED ONES

A woman became a great-great grandmother on her 100th birthday. The mother of the newborn took photos of her 100-year-old great grandmother holding her son, which gave her great joy and comfort after her great grandmother died four months later. (p. 3)

After a woman's husband died, her friend took all of his neckties and made a quilt for her and her children. (p. 41)

A woman sent her wedding gown off to be made into angel gowns for newborns who will never leave the hospital. (p. 145)

### Let's Have a Discussion

#### ALL AGES

- Is there someone special you miss? What do you miss about them?
- Is there someone we should honor right now? How should we do it?
- Have you ever lost a relative? Have you ever lost a pet? What would have made you feel better?

#### OLDER KIDS

- If you were to die tomorrow, what item of clothing do you think your family and friends will most remember you for?
- How do you want to be remembered when you are gone?
- What kind of memorial service do you want?
- Would you rather the people you leave behind mourn your loss or celebrate your life? How would you hope they'd do either?

### Let's Get Involved

- Challenge: Write a letter to a friend or family member who has recently lost someone.
- Find a relative/teacher/friend who lost someone you never knew and ask them to talk about that person. Discuss happy memories, things they used to say over and over, how your friend felt when they died, or what their family does now to remember them.
- Ideas: plant a flower, a tree, or a garden in memory of someone; choose a loved one who is no longer here and make their favorite meal, then toast to their memory.
- Challenge: The best time to remember a loved one is while they are still here. Tell each of your family members right now what you love most about them.
- Who is the oldest person in your family right now? The youngest? Talk about how things have changed since the oldest was born, up to the time the youngest was born.

## EMBRACING YOUR BODY

A woman took pictures of herself in two different poses to show how different your body can look depending on what pose you are in and whether you are sitting or standing. (p. 99)

A woman who has struggled with her weight for her entire life wears her first bikini and learns to love herself just as she is, because she is enough. (p. 174)

An elderly woman in a nursing home asked for her fingernails to be painted clear because she said her hands were ugly and she didn't want to draw attention to them. Her caregiver responded, "Your hands tell the story of your life. They tell the story of love. These hands have touched and held things that most people can only wish to one day." And then, the older woman chose the color pink. (p. 110)

### Let's Have a Discussion

#### ALL AGES

- What is your favorite physical feature?
- What is the most special thing your hands have held?
- What is your favorite outfit to wear, and why? How did you feel when you wore it?
- What's your favorite piece of clothing that you've outgrown?
- Has anyone ever made fun of something you've worn or how you look? What do you wish they had said instead?

#### YOUNGER KIDS

- Does it matter more how somebody looks, or how they act?
- What is the best thing about you?
- When you look in the mirror, what do you notice first?

#### OLDER KIDS

- What is unique about you?
- Have you ever rejected someone because of the way they looked?
- Have you ever felt bad about yourself after you saw something in a magazine, a movie, or television show?
- How does social media affect how you feel about yourself?
- Think about someone you admire very much, and describe what you like about them.
- If someone else were to describe you, what would they say?
- Do you compare your body to those of celebrities, athletes, or musicians? Why do you think they look the way they do?

### Let's Get Involved

- Go around to each family member and choose one physical feature about them you really like, and tell them why.
- Take family fingerprints and compare them.
- Take a close-up family photo and compare how you look alike, and how you differ.

## UNDERSTANDING AUTISM

Getting a haircut can be a very traumatic and uncomfortable experience for an autistic child. Parents are very grateful to hairdressers who take the time to sit quietly with their children, encourage them, and be patient with them. (p. 40, p. 131)

A shoe store took a scared autistic boy to a back room and put a Do Not Disturb sign on the door so he could be fitted for school shoes without all the noisy crowds out front that would have scared him. (p. 139)

An autistic child at a waterpark found it difficult to stand in the long lines to go down the slide. He and his mom came up with a series of rituals that helped him be more patient, but sometimes other kids would interrupt that by cutting in front of him and taking his turn. A brother and sister kindly offered to let the boy go in front of them, even though they probably did not know he was autistic. His mother was so grateful for that little act of kindness by two children who didn't even know her son. (p. 212)

### Let's Have a Discussion

#### ALL AGES

- Do you know anyone who is autistic?
- What do you know about autism?

#### YOUNGER KIDS

- If someone in your class is scared, what do you do?
- If a friend does not understand what you are saying, how else can you communicate with them?
- Have you ever felt scared by noises or a lot of people? What made you feel better, or could have made you feel better?

#### OLDER KIDS

- Would you try to be friends with someone who is autistic?
- Have you ever judged an unruly or restless child as “bad” or “spoiled”?
- If you saw someone having a hard time with an assignment or noises, would you step in to help?
- Has anyone in your school ever discussed autism?

### Let's Get Involved

- Challenge: Research the autism spectrum online. Discover good ways to approach, befriend, or help an autistic child in your school.
- Learn about “stimming,” or ways that some autistic children use to provide themselves with sensory stimulation (hand flapping, vocalizing, fidgeting, etc). Find out how it helps them.
- Autistic kids see, hear and feel differently than we do. Would you rather not be able to speak, or not be able to understand facial expressions?
- I don't like to \_\_\_\_\_ but many of my friends do.
- Challenge: Don't speak for a designated amount of time; discuss your experience.
- Challenge: Try to do your homework in a noisy, busy, high-traffic area of your house for one hour; discuss your experience.

————— April is Autism Awareness Month —————



## HONORING OUR HEROES

They work very long shifts and save lives. They see beautiful things and tragic things. They spend many hours away from their families, even on weekends and overnights and holidays so we can stay safe and healthy. They are doctors and nurses and police officers, and they give love to our community. (p. 12, p. 54, p. 149)

A little girl arrived home one day with her grandmother to find her house was in flames. There was a lot of chaos with police and fire trucks all around. Her grandmother set up a blanket on the grass with some of her toys, and a fireman knelt down beside her to calm her down, keep her company, and help her feel safe during a very scary time. (p.179)

Some firefighters climb 110 flights of stairs on September 11th in all their gear, as a tribute to those who died in service on 9/11 after the World Trade Center attack. (p. 191)

### Let's Have a Discussion

#### ALL AGES

- When you see a police officer, do you feel scared, or safe, or both? Explain.
- How can we show our appreciation to first responders?
- What's the difference between courage, bravery, and fearlessness?

#### YOUNGER KIDS

- What do police officers do? What do firefighters do? What do doctors and nurses do?
- Who is your favorite hero: a police officer, a firefighter, or a soldier?
- What makes someone a hero?
- Who is your favorite superhero on TV or in the movies? What do you think makes them a hero?
- What are some ways you can be a hero to others?

#### OLDER KIDS

- Would you rather help one person a day for the rest of your life, but it would mean seeing something tragic every day, or help only ten people over the rest of your life without ever having to experience something tragic?
- Would you want to be a first responder?
- Would you want to be married to a first responder? Why or why not?
- Would you do something heroic even if you knew nobody would ever know about it?

### Let's Get Involved

- Send a letter or shoebox of supplies to a deployed soldier. Research what kinds of things they may need.
- Think of someone who did something heroic for you and write them a letter, even if you don't know them.
- Take gift cards, homemade treats, care baskets and thank you notes to police and fire stations near you.
- Write a note to a caregiver who took care of you or a family member.
- MadLibs game: If I were a police officer/firefighter/caregiver (circle one) I would like \_\_\_\_\_ but I would dislike \_\_\_\_\_.
- Create a superhero. What do they do?

——— *National First Responders Appreciation Day is September 27* ———




## LOVE WHAT MATTERS “BINGO” GAME

Here are two versions of a Love What Matters bingo game. To play select acts of kindness from the board that you want to complete. For each task completed you get an X for that spot. To win connect 5 completed squares in a row going horizontally, vertically or diagonally. Give everyone in the house a card and start playing—or, work the card as a family. Decide in advance what the Winner will receive. We’ve included a blank card so your family can build your own “Bingo.”


### SUGGESTIONS

- Build a card around a specific age group (i.e., parent, toddler, middle-schooler, or teen).
- Pick a specific topic from this packet and build a game around that (i.e. “Honoring Heroes,” “Understanding Autism,” “Having Fun in Life,” etc.)

B	I	N	G	O
Send a care package to a soldier	Hide a happy note for a friend	Make someone a meal	Call a relative	Leave coins in the change jar at a store
Stop a bully	Donate clothes or toys	Say I Love You	Help around the house	Take a lollipop to your doctor/nurse
Volunteer at or donate to an animal shelter	Throw away trash		Let someone go in front of you in line	Smile four times in a day
Make a new friend	Run an errand for someone	Perform an act of kindness	Pay a compliment	Read a book chapter to someone
Say thank you to a store clerk	Give a note or gift to a first responder	Hold the door open for someone	Name two things you are grateful for	Buy someone a flower

# A DISCUSSION GUIDE FOR love what matters games


LOVE WHAT MATTERS

B	I	N	G	O
Share something	Remain kind when someone is mean to you	Tell a funny joke	Buy someone a cup of coffee	Select your own act of kindness
Hug a family member	Tape a dollar to a vending machine	Buy lunch for someone in uniform	Recall a memory of a loved one	Visit a nursing home
Perform a household chore that isn't yours	Bring a homemade treat to a friend		Volunteer at a charity event	Make someone smile
Take flowers to a nurse's station at a hospital	Donate food to a food pantry	Say I Love You	Listen without interrupting	Teach someone something you know
Babysit or Pet-sit for a friend	Say "Good Morning" to the first person you see	Lend a hand to someone who is struggling	Send Get Well cards to a children's hospital	Invite someone to dinner

A DISCUSSION GUIDE FOR  
*love what matters games*

LOVE WHAT MATTERS

BUILD YOUR OWN "BINGO" CARD

B	I	N	G	O
				

## “WHAT I LIKE ABOUT YOU” GAME

Print out cards and have each family member fill out one for every other family member. Check off 3 things you love and admire about that person, and if you want to, write in your own compliment. Many of these things can be true, of course, but choose your Top Three! Discuss.

I like that [family member name] \_\_\_\_\_ :

- ☐ Is Patient
- ☐ Has a Good Sense of Humor
- ☐ Makes Time for Others
- ☐ Is a Hard Worker
- ☐ Is a Good Cook
- ☐ Has a Great Laugh
- ☐ Is a Good Listener
- ☐ Makes Difficult Situations Easier
- ☐ Has a Unique Sense of Style
- ☐ Speaks Kindly of Others
- ☐ Sets Goals and Strives to Meet Them
- ☐ Is Loving
- ☐ Makes Me Feel Special
- ☐ Is Curious About the World
- ☐ Stands up for What They Believe In
- ☐ Is a Good Friend
- ☐ Knows How to Make Conversation
- ☐ Is Enthusiastic About Life
- ☐ Appreciates the Value of Family
- ☐ Is a Good Teacher

*[add your own notes]*

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....