



## BIG BAD GOES BACK TO SCHOOL

### – CONVERSATION STARTERS –

Listen to the episode: <https://jonincharacter.com/big-bad-goes-back-to-school/>

The questions on the next page are designed to encourage deep thinking, reflection and open-ended discussions about “Big Bad Goes Back to School” themes.

## Facing Fears and Overcoming Nervousness:

- How did Big Bad feel about going back to school, and why?
- Can you think of a time when you felt nervous about trying something new? What did you do to feel better?
- What advice would you give to Big Bad to help him feel less scared about going back to school?

## Mindfulness and Coping Strategies:

- What mindfulness exercises did Serena teach the group?
- How do you think these exercises helped Big Bad?
- Have you ever tried any mindfulness exercises, like deep breathing or body scans? How did they make you feel?
- Why do you think it's important to have different coping strategies for different situations?

## The Importance of Practice and Growth:

- Big Bad was worried about his new class because he didn't do well in his last class. Why is it important to keep trying even when we feel like we're not doing well?
- When Serena said that growth is a spiral, not a straight line, what do you think she meant by that?
- Can you give an example of something you have practiced and gotten better at over time?
- Why is it important to keep practicing and trying, even if something is difficult at first?

## Empathy and Compassion:

- How did Redge, Serena and Jonathan support Big Bad when he was feeling nervous?
- How can we show support and kindness to our friends who are going through tough times?
- Can you share a time when you helped a friend or family member who was feeling upset or nervous? How did it make you feel?
- Why is it important to be understanding and empathetic towards others who might be struggling?

## Embracing New Experiences:

- Big Bad decided to go to his class even though he was nervous. What are some new experiences you would like to try? What would make you feel more confident about trying them?
- How can trying new things, even if they seem scary at first, help us grow and learn more about ourselves?