



THE DISOBEDIENT DREAM

– CONVERSATION STARTERS –

Listen to the episode: <https://jonincharacter.com/the-disobedient-dream/>

The questions on the next page are designed to encourage deep thinking, reflection and open-ended discussions about “*The Disobedient Dream*” themes, including questions about preparing for a good night’s sleep.

LET'S TALK ABOUT THE DISOBEDIENT DREAM

Worries and Anxieties:

- How did Redge feel about being the team captain for the Quizzical Quizzards?
- How did he show that he was nervous?
- Can you think of a time when you felt nervous or anxious about something new or challenging? How did you handle those feelings?

Teamwork Problem-solving:

- How did Jonathan, Redge, Hesper and Vesper work together as a team to solve the problem of the Night Mare?
- What did you learn about being a good team member from the characters in the story?

Asking for Help:

- Why do you think Redge decided to ask for help when he was having trouble sleeping?
- What are some ways you can make responsible decisions, like Redge, when you face challenges or difficult situations?

Empathy and Understanding:

- How did Hesper and Vesper show empathy towards Redge's feelings?
- Can you think of a time when you showed empathy towards someone who was feeling nervous or worried? What did you do?

Reflection and Growth:

- What do you think Redge learned from this experience with the Night Mare and the Trivia Tournament?
- How can you apply what you learned from this story to your own life, especially when facing new challenges or feeling anxious?

PREPARING FOR A GOOD NIGHT'S SLEEP

Self-Awareness and Sleep Preparation:

- Before going to bed, what are some things you can do to help you relax and get ready for sleep, like Jonathan, Redge, Hesper and Vesper do for their bedtime routines?
- How important do you think it is to have a calm and peaceful environment in your bedroom to help you sleep better?

Relationship Skills and Sleep Environment:

- How did Jonathan and Redge work together to create a comfortable sleep environment for Redge?
- What are some ways you can work together with your family to make your bedroom a cozy and sleep-friendly space?

Responsible Decision-Making and Sleep Habits:

- Why do you think it's important to make responsible decisions about your sleep habits, like avoiding sugary snacks before bedtime?
- Can you think of some bedtime routines or rituals that might help you relax and prepare for sleep?

Reflection and Improvement in Sleep Quality:

- After listening to the story, what are some new ideas or strategies you learned that can help improve the quality of your sleep?
- How can you use the lessons from this episode to create a bedtime routine that works best for you and helps you get a good night's sleep?