

MODULE 6

PostSession Discussion Questions

Use these discussion prompts to guide your reflection on the content of this module, the skills and strategies learned, its relevance to your own life, and your personal experiences with this module's content.

With that in mind, these prompts are intended to be completed **at least 1 week after** completing the information part of the module, and **after you have had some time to practice**. This should give you enough time to evaluate the usefulness of this module for you right now, in this moment of your life, to strengthen your well-being.

In addition, these discussions are intended to be done with your **practice partner** or **school team** (depending on your building's ARC implementation model). We encourage your partner and/or team to practice EOARS for good listening to help keep the discussion supportive:

E = Empathy statements (e.g., you're in a tough spot, you're doing what you can, I totally agree)

O = Open-ended questions (e.g., how, what, tell me how, in what way)

A = Affirmation (genuine confidence boosters, e.g., You have great insight, you are a determined person, great suggestion)

R = Reflection (repeat or rephrase to understand, e.g., So you feel..., it sounds like..., do you mean....)

S = Summary (special reflection that emphasizes change, e.g., so [brief summary] and that's helping you feel better, right?)

Knowledge Check Questions (Completed during/immediately after the module)

1. What does the broaden & build theory of positive emotions mean and how can it be used in your life?

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2. What are three things you could do to foster pleasant emotions?

3. How would you describe being in a flow state? What are some things to keep in mind if someone wants to find flow?

4. What are the benefits of experiencing laughter and humor?

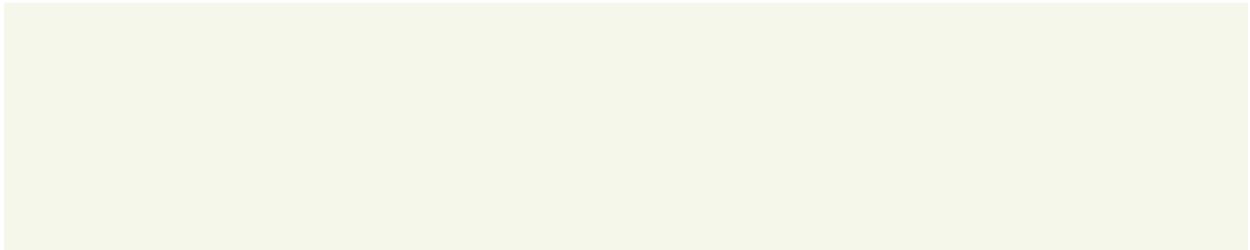
Post Session Discussion Questions (completed 1-4 weeks after module & before the next module)

1. What do you notice when you start paying attention to “the bright side” or good qualities in others?

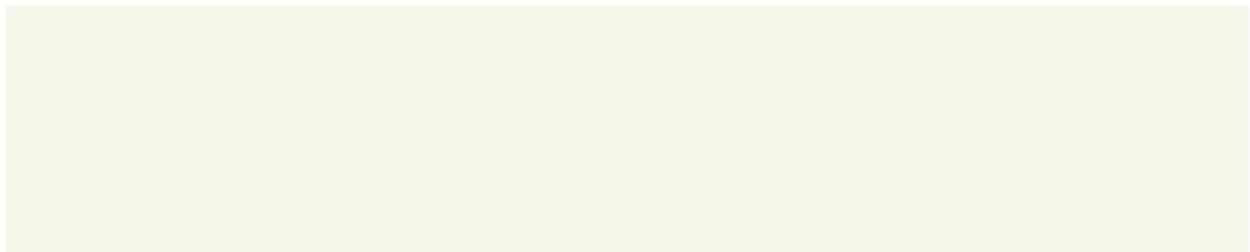
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2. What kinds of activities provide you the experience of being in flow? How can you tell? What does it feel like?



3. What are some ways you could engage/have engaged in doing acts of kindness for others?



4. What people, experiences or things consistently make you laugh? What do you notice about your mood after being exposed to them?

