

FIX IT!

Follow up discussion guide for the 3screens.com assembly program

1. The assembly program suggested that we tend to think about all of the bad things that happen to us and around us, which might make us feel powerless and fearful. Do you think that's true, or do you possibly think we usually don't think that much about them?
2. The program listed violence, addiction, bullying, family problems and fear of failure. Are there other things that bother you as much or more?
3. The program suggested three reasons we should not give up:
 - a. Often we can fix things.
 - b. We can always try to fix things.
 - c. We usually at least make things better when we try to fix things.Do you agree with all three of those? Why?
Give examples in your own school and your own life.
4. What are the most negative effects of fear?
5. What are some legitimate fears? Can you use fear to motivate positive actions?
Give some examples.
6. List some problems you want to try to fix in your school, and some ideas as to where to begin.

Things you might want to check out:

SitWithUs app

wedinetgether.org (a great alternative for schools that limit phone use)

Songs in the program:

"Hard Times", by Paramore

"Fear, He is a Liar", by Zach Williams

Pumpin' Blood", by NoNoNo

"Clearly", by Grace VanderWaal

"Goodbye Apathy", by One Republic

"Life to Fix", by The Record Company

(Warm-up songs: "Shotgun", by George Ezra

"Ghosts" by Mike Shinoda)