

kitchen  
table  
project



Inspire a faith that lasts

## Parent group discussion questions

Use these questions with the 'Creating space for children to talk' video available on the Kitchen Table Project YouTube channel: [www.youtube.com/KitchenTableProject](http://www.youtube.com/KitchenTableProject)

1. How and where could you create a safe space for your child to talk about their emotions? What can you share about how you are feeling that might help them? How can you bring Jesus into the conversation? Can you read a Bible story about how someone processed that particular emotion and pray together?
2. There are lots of different ways we can connect with God – by celebrating, learning, enjoying creation, through our senses, by loving others, in contemplation, traditions or by engaging with social justice. Think about how you and your child best connect with God. How can you use this to help process your emotions and experience God's peace? Could you learn a Bible verse together, take a walk in creation, help with social action or care for someone who is ill or hurting?
3. When you or your child are feeling worried or anxious, how can you practise gratitude? Can you make a list or draw pictures of the things you are grateful for? Or can you make a prayer jar, fill it with things you are thankful for and take it in turns to pray for one thing every day? One family placed a grain of rice in a line for each thing they were grateful for; they were amazed at how quickly a whole trail of rice snaked around their kitchen – and how good it made them feel!