

My Favorite Thing Show & Tell

THE ENVIOUS ESCAPE

Directions:

1. Have each family member choose one item that they love, or that makes them feel special. Take turns showing each other the item.
 - As each person shares, use the questions below to guide the conversation.
2. After everyone has shared their item, wrap up the discussion with these questions:
 - What did you notice about each other's favorite things?
 - How does it feel to focus on what you already have instead of wanting more?

1. Why is this your favorite thing?

2. Why are you happy to have this item right now?
