

Questions and Family Activities



Comprehension Questions:

- What was Alexander going in PE class? (An obstacle course) If he improved his time what would happen? (He would receive an A in class and set a new school record) What did Alexander do during the obstacle course? (Stopped to help Fred)
- Who is Speck? (An Inlander boy) Who did Alexander and Ellinore think Speck was? (A traitor) What did they eventually learn about Speck? (He was pretending to be on the Erodian side to find out their weakness)
- How were the Erodians able to capture Ellinore? (Alexander and Ellinore were fighting over berries) What did the Lightkeeper tell Alexander to do with the berries? (Rub them in his hair) What was Alexander supposed to do after that? (Find the Erodian advance party)
- What was Ellinore's quest? (To warn the people of Garden Glen about the Erodians) What was Alexander's quest? (To awaken in the Inlanders' hearts the value of unselfishness and sensitivity)
- Who warned the people of Garden Glen about the Erodians? (Speck) What did the people of Garden Glen do? (Welcomed the Erodians with garlic) Why did the Erodians leave the city of Garden Glen? (They didn't like garlic)

Discussion Questions:

- What does it mean to be unselfish? What is unselfishness? What is the opposite of unselfish?
- What does it mean to be sensitive? What is sensitivity? What is the opposite of sensitive? (insensitive, tactless, blunt, unfeeling, uncaring, rude, selfish...)
- What is "empathy"? Why is it important to think about how others feel?
- What are some examples of people being insensitive or selfish in Alexander's adventure? What were some examples of people being sensitive or unselfish?
- What are some unselfish and sensitive things you see your teachers do for you? Your parents? Your siblings? Your friends?
- How do you feel when you are selfish or insensitive? How do you feel when you are unselfish or insensitive? Is it hard to be unselfish and sensitive? Why?



Please remember that this material is only to be used by dues-paying members of the Alexander's Amazing Adventures program at powerofmoms.com

Scenarios:

Janie was on the bus with some girls from her class on the way home from school. Emily started talking about her birthday party on Saturday. Julie said she loved magic and was so excited to see the magician that was coming. Mary said she liked the cute invitation Emily had given her. As the other girls talked, Janie felt like she was maybe the only girl in her class who had not received an invitation to Emily's party. How do you think Janie felt? Let's say Emily's mom had told her she could only invite 8 girls and since she didn't know Janie very well, she hadn't chosen to invite her. How could Emily have been more sensitive?

David loved playing trucks. When his friend Jeremy came over, they played trucks for a long time and then Jeremy said he wanted to play super heroes. He wanted to be superman and wanted David to be the villain. David didn't feel like playing super heroes and did NOT want to be the villain. He said, "That's stupid. It's my house and I want to play trucks." How could David have been more unselfish and sensitive?

Kristen loved the dollhouse she got for Christmas and took very good care of it and all the little furniture pieces and dolls that came with it. Her little sister, Georgia, sometimes went into her room when she was at school and messed around with the dollhouse which made Kristen worried. She didn't want any of the pieces to be lost or broken. How could Kristen protect her dollhouse while being unselfish and sensitive to Georgia? How could Georgia be sensitive to Kristen?

Sam worked hard on drawing a picture that he was very proud of. When his big brother James got home from basketball practice, Sam ran to the door to show James the picture saying, "Look at this cool picture I drew!" Sam was tired and in a hurry and really didn't think the picture was anything special so he pushed the picture out of the way and said, "I'm not sure what you were trying to draw there. I need a little space, OK dude?" How do you think Sam felt? How could James have been more sensitive?

Sara came home from a birthday party with a bag of candy. Before the party, Sara heard her little brother and sister telling their mom that they were sad they didn't get to go to a party. What's an example of something Sara could do that would not be sensitive? What could she do that would be sensitive and unselfish?

Doug had his heart set on being in the school play but he didn't make it. He came home from school looking pretty sad. What sensitive things could his parents and siblings say to him? What could people say to him that wouldn't be sensitive?

Family Activity Ideas:

Empathy Game: Go through a book or magazine with your children and work together to try to describe how various people in various pictures might be feeling. This can start on a physical level as you try to imagine what he sees and hears, whether she is cold or warm, and so forth. Then try to go beyond the physical and speculate how he or she might feel emotionally. For older children, you could give each child a picture to look at for 1 minute, writing down notes about how the person in the picture might be feeling physically and emotionally. Then have each child give a 1-minute speech about their observations and what they might do if they encountered a person in the situation depicted.



Please remember that this material is only to be used by dues-paying members of the Alexander's Amazing Adventures program at powerofmoms.com

Sweet, Sour and Service Dinner Time Discussions: Introduce a new dinner-time tradition. Go around the table each evening and invite everyone to share their “sweet,” “sour” and “service” for the day. Their “sweet” would be something that happened that day that was great. Their “sour” would be something frustrating or disappointing or sad that happened that day. Their “service” would be something they did for someone else that day. Talk together about how sharing our “sweets,” “sours,” and “service” helps everyone have more empathy for each other and encourage everyone to watch for opportunities to be unselfish and sensitive so they’ll have something to share for their “service.”

Secret Buddy Game: Put names of all family members in a hat and have everyone draw their “secret buddy” for the week. Then, throughout the week, each person strives to do some “secret services” for their buddy based on what they’ve observed that person really likes and might really need or appreciate. Each person should try to do at least one thing for their “secret buddy.” Examples could be leaving a nice note (could be typewritten or in disguised handwriting) or special treat under their buddy’s pillow, secretly doing their buddy’s job chore, etc. At the end of the week, everyone can guess who their secret buddy was and identities can be revealed.

Additional Ideas

Younger Children – Focus on Sharing: Young children inevitably have issues with sharing as they both want the same toy at the same time. This month, take time to sit down with them (again and again) to explain sharing. Help them notice how happy they make the other person when they share. Praise even feeble attempts to share. On occasion, use a timer (plenty of timer aps on your phone or use the oven timer) to help children take fair turns when two or more children want the same thing at the same time. Having an impartial third party – the timer – involved can make sharing easier.

Younger Children – Noticing Feelings in Books: When reading books together, make a point of stopping to talk about how characters in the story might be feeling.

Older Children – Memorizing: Talk about the following quotes and offer a special incentive for children to memorize one (or both) of these quotes if you like. “Love of one’s neighbor is the only door out of the dungeon of self” (G. K. Chesterton) “See how the masses of men worry themselves into nameless graves while here and there, a great unselfish soul forgets himself into immortality” (Ralph Waldo Emerson)

Parents – Apologize: Show your children your sensitivity and help them feel sensitive toward you. Whenever you have made a mistake or misjudgment or even been a little insensitive to a child’s needs (through your own busy-ness, preoccupation, overtiredness, etc.), make a point of saying you’re sorry for not being more in-tune and sensitive to what they were worried about or needed and help them be sensitive to your moods and needs as you explain your feelings and what can lead you to sometimes be more angry or less fair than you mean to be.

Parents – Share Feelings: Make an effort to tell your children how the things they do make you feel. This will help children be more aware of your feelings and be more sensitive toward them. If a child is defiant or doesn’t accept what you tell them, you can explain how that makes you feel. When a child doesn’t seem to recognize your need to have personal time or



Please remember that this material is only to be used by dues-paying members of the Alexander's Amazing Adventures program at powerofmoms.com

time as a couple without children around, explain how you feel and what your needs are. Sometimes children forget that parents are people too. Tell them not only about the things they do that are hard for you but also about the positive things they do that make you happy. For example, "It makes me feel so happy when I see you cleaning things up without being asked or helping your little brother with his homework."

Family – Service: Talk together about those you know about who might have needs that aren't being met – lonely elderly people in your neighborhood, kids at school who seem lonely or who are sometimes mean to others (showing that they may be insecure or may have people in their lives who are mean to them or who haven't taught them what is right), people who don't have enough food or who don't have homes, etc. Think about what you could do to help these people and pick one thing you'll do this month to be sensitive to other's needs by doing an act of service.



Please remember that this material is only to be used by dues-paying members of the Alexander's Amazing Adventures program at powerofmoms.com