

Luma Connection #44: "Thankful For" Discussion

Teaching Tool: LumaLive®

This is Luma's synchronous or same time meeting tool. This online tool allows learners to interact with each other to explore a topic and to discuss key concepts, share experiences, interact with each other, and to ask questions in real time. Interactions are in real-time and can be mentor-learner, learner-to-content, learner-to-self, and learner-to-learner.



Tip: "Thankful for" Discussion

Sharing gratitude is a mood boost and is a great way to start training on a positive note. Consider beginning each training session with a 5- 10 minute "Thankful For" discussion in which learners share that for which they are thankful.

Here are some potential "Thankful For" discussion prompts to help provide variety.

- What are five things you are thankful for today/in general?
- Who is someone for whom you are grateful? Why?
- What is something that happened today for which you are thankful? Why?
- What is something you learned today for which you are grateful? Why?
- What skills or talents do you have for which you are grateful? Why?



Can you think of other prompts for a "Thankful For" Discussion?

