Ages: 9-11

What from today would you take with you?

4 min



Main question: «If you could pack the day like a suitcase - what would you take with you from today? One moment, a phrase, a feeling?»

If one word: «And why that one? What was special about it?»

If they open up: «And what would you NOT take? What would you leave behind?»

What we practised:

«The metaphor of "what to take with you" works better at this age than a direct "what was the best." It's already an entry into living the day with awareness.»