

Article: [Kids at Play]

Classroom Discussion Questions College Level

How has the way you connect with other people changed since leaving high school? The article discusses how organized activities can help students develop friendships and a sense of belonging. Where do you find that sense of community now—through college, work, hobbies, volunteering, sports, family, or somewhere else?

How do you make time for activities that aren't tied to work or school responsibilities? The article connects participation in activities with well-being and stronger connections to others. What hobbies, interests, or activities are important to you now, and what makes it difficult or easy to prioritize them as an adult?

How does technology affect your ability to build and maintain meaningful relationships as an adult? The article emphasizes creating opportunities for face-to-face interaction and time away from screens. In your own life, when does technology strengthen your relationships, and when does it make genuine connection more difficult?

Classroom Discussion Questions Grades 9-12

How has being involved in a sport, club, job, hobby, or other activity affected your experience at school? The article connects after-school involvement with stronger academic performance, better attendance, and feeling more connected to school. Think about your own experience: Has being involved or not being involved changed how you feel about school, your grades, or your motivation?

Where do you feel the strongest sense of belonging? The article describes after-school activities as a way for students to meet people, build relationships, and find a place where they can be themselves. Is there a team, club, class, workplace, friend group, or other community where you feel like you belong? What makes that environment different?

How do screens and social media affect the way you spend your free time and connect with other people? One goal of the program in the article is to help students spend less time on screens and build more face-to-face relationships. Do you think screen time makes it easier or harder for you to form meaningful connections? Why?

Classroom Discussion Questions Grades 6-8

How does being part of an activity affect how you feel about school? Think about a sport, club, music group, hobby, or other activity you participate in. Does being involved help you enjoy school, make friends, or feel like you belong? If you aren't involved in an activity, is there something you would like to try?

Where do you feel like you can really be yourself? The article talks about students meeting new people and making connections through activities. Is there a group, team, class, or other place where you feel comfortable being yourself? What makes you feel welcome there?

How does screen time affect the way you spend time with other people? The program in the article encourages students to spend time away from screens and connect with others in person. Think about your own life: When does technology help you connect with friends, and when might it get in the way?

Classroom Discussion Questions Grades 1-5

What is something you like to do after school? Do you play a sport, make art, read, play outside, belong to a club, or do something else you enjoy? How does that activity make you feel?

What helps you feel like you belong? Think about your school, classroom, team, club, or another group. What makes you feel welcome and included? How can you help someone else feel like they belong, too?

What do you like to do when you aren't using a screen? The article talks about helping kids spend time away from phones and other screens. What is your favorite screen-free activity to do by yourself, with friends, or with your family?