



# Sending Grace

Making the world better, one act of grace at a time  
sendinggrace.org

## Discussion Guide

For Teachers & Parents

These discussion questions are designed to help children process their experiences with Sending Grace and develop a deeper understanding of kindness, empathy, and service. Use them **before the activity** to set the tone, or **after** to help students reflect on what they gave. They work equally well during circle time or around the family dinner table. There are no wrong answers.

### ■ Before the Activity

#### Understanding Grace

- What does the word 'grace' mean to you?
- Can you think of a time when someone showed you grace? How did it make you feel?
- What's the difference between being nice and showing grace?
- How can you show grace to someone even if they haven't been kind to you?

#### Letters to Senior Citizens

- Have you ever received a letter that made you smile? How did it make you feel?
- Why do you think senior citizens might enjoy getting letters from kids?
- What would you want someone to write to you if you couldn't leave home?
- How do you think the person who gets your letter will feel when they read it?

### ■ After the Activity

#### Making a Difference

- Do you have to be a grown-up to make the world better? Why or why not?
- What's one small thing you could do today to help someone?
- Can one person really make a difference? How?
- What would the world be like if everyone did one kind thing every day?

*We show up with kindness — we show up with grace.*



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## ■ After the Activity (continued)

### Reflection After Participating

- How did you feel when you finished your letter?
- What was your favorite part of this activity?
- What was challenging about it?
- Would you like to do this again? Why or why not?
- What did you learn about yourself?

### Going Deeper

- Who in your life needs a little grace right now?
- What's harder: being kind to your friends or being kind to people you don't know?
- Can you think of a time when someone was kind to you and didn't know it helped?
- What would you tell a younger kid about why kindness matters?

### Tips for Facilitators

- ✓ Create a safe space where all answers are valued
- ✓ Share your own experiences to model vulnerability
- ✓ Use 'turn and talk' for younger children who may be shy in large groups
- ✓ Don't rush. Let children think before answering
- ✓ Follow up on interesting answers with 'Tell me more about that'
- ✓ Connect their answers back to the Grace O'Rourke story

***"We show up with kindness — we show up with grace."***

*— Grace O'Rourke, Founder of Sending Grace*

### Want more resources?

Visit [sendinggrace.org](https://www.sendinggrace.org) for free letter templates and more resources.

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