

# Luma Connection #44: Lead a "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, and ask questions in real time. Interaction types include learner to learner, learner to self, learner to content, and learner to instructor.



**Tip:** Lead a "Thankful for" discussion to start training on a positive note.

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

Here are some potential prompts to help provide variety.

- What are five things for which you are grateful, either today or 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?