



30,000 Days Discussion Questions Ages 8-10

1. The film asks what you want to do in your 30,000 days. What are three things you want to do in your life?

2. The film talks about your unique special sauce: the character strengths that make you you, the qualities you value (like creativity and bravery) + the thing you care most about (like the environment, or equality). Using the images on the next page, write a formula for your special sauce here:

_____ + _____ = _____
 Your strengths What you care most about Name your "special sauce"

3. How might that special sauce help lead to the things you want to do in life?

4. The film talks about teaching character in school. What have you learned about character in your school?

Look at the image below for your character strengths --
the things that make you you, the qualities that you value.



Look at the image below to inspire the things you care about.

