

## WHEN YOU SEE THESE PROMPTS, FOLLOW THESE DIRECTIONS:

<b>Read</b>	<b>Watch</b>	<b>Discuss</b>	<b>Ponder</b>	<b>Activity</b>
One person reads aloud for the whole group.	The whole group watches the video.	Group members share thoughts for two to four minutes.	Individuals quietly consider, meditate, and write for two or three minutes.	Group members work individually or with others for the specified time.