Discussion Questions Ages 4-9

1. Do you have a screen (phone, tablet, computer, tv) that you watch or play on at school? What about at home?
2. What’s your favorite part about watching or playing on a screen? How does it make you feel? What about when you watch or play for a long time?
3. Now think about yourself the rest of the time. What is your favorite thing (quality) about yourself? What’s one thing you would love everyone to know about you?
4. When you’re watching or playing on a screen, does it make that quality stronger, or weaker?
5. Does your family have any rules about screen use?
6. If you made the rules about screen use for the family, what would they be?
7. What are three of your favorite things to do that don’t involve screens? How do you feel when you’re doing them?

Discussion Questions Ages 9-14

1. Do you have a screen (phone, tablet, computer, tv) that you watch, play with, or use at school? What about at home?
2. How many hours a day do you think you spend looking at a screen?
3. What’s your favorite part about using those screens? Why do you like them? How does it make you feel? Is that feeling different depending on what you’re doing?
4. How do you feel after you’ve been using a phone or other screen for a while?
5. Does your family have any rules about screen use?
6. If you made the rules about screen use for the family, what would they be?
7. Look at the Periodic Table of Character Strengths.
   a. What are your top three character strengths?
   b. Does what you do on screens make those stronger? Or weaker?
   c. What are three strengths you’d like to develop?
   d. Are there any character strengths that screen use improves?
   e. What character strengths do you think we could use more of online?
8. What are your favorite things to do that don’t involve screens? How do you feel when you’re doing them? What character strengths do they use, or strengthen?
9. How do you think it would feel to spend a full day with no screens -- just yourself, your friends, your family, and things you love doing.
10. Are you ready to try a Tech Shabbat this weekend?

**Discussion Questions Ages 15-18**

1. Where do you use screens (phone, tablet, computer, tv)? Home? School? Work? With friends?
2. How many hours a day do you think you spend looking at a screen?
3. What’s your favorite part about using screens? Why do you like them? What are the positive feelings you get from being connected?
4. What’s your least favorite part about screens? How do those things make you feel?
5. When you’re with friends, how do you feel when your phones are present? What about when phones are out of sight?
6. How does social media make you feel?
7. Are you the same person online that you are off? How so?
8. Does your family have any limits on screen use?
9. If you made a screen-use policy for your family, what would it be?
10. Look at the Periodic Table of Character Strengths.
   a. What are your top three character strengths?
   b. Does what you do on screens make those stronger? Or weaker?
   c. What are three strengths you’d like to develop?
   d. Are there any character strengths that screen use improves?
   e. What character strengths do you think we could use more of online?
11. What’s one thing you could do when you’re online that could cultivate character -- either in yourself, or in others?
12. What are your favorite things to do that don’t involve screens? How do you feel when you’re doing them? What character strengths do they use, or strengthen?
13. How do you think it would feel to spend a full day with no screens -- just yourself, your friends, your family, and things you love doing.
14. Are you ready to try a Tech Shabbat this weekend?

Discussion Questions Ages 19-99+

1. How many hours a day do you think you spend looking at a screen?
2. What’s your favorite part about having these phones/computers in our pockets? What are the positive feelings you get from being connected?
3. What’s your least favorite part about having screens everywhere?
4. Are there things you miss about life before smartphones? What are they?
5. Look at the Periodic Table of Character Strengths.
   a. What are your top three character strengths?
   b. What are three strengths you’d like to develop?
   c. Does what you do on screens make any of those stronger? Weaker?
   d. What character strengths get stronger when you’re on screens?
   e. What character strengths get stronger when you’re off screens?
   f. What character strengths do you think we could use more of online?
6. What’s one thing you could do when you’re online that could cultivate character -- either in yourself, or in others?
7. What activities (without screens) bring you joy? How do you feel when you’re doing them? Do you wish you had more time to do them?
8. When you go to reach for your phone (or tablet or computer), what are you generally seeking to fulfill (connection, entertainment, relaxation, distraction, news)?
9. Are there other things you could do to fulfill those needs?
10. How do you think it would feel to spend a full day with no screens -- just yourself, your friends, your family, and things you love doing.
11. Are you ready to try a Tech Shabbat this weekend?

Jewish-Specific Questions

1. How do you define Shabbat? If you have any type of Shabbat practice, does it impact the rest of your week? How?
2. How do screens connect you to a community?
3. How do they cut you off from community?
4. Look at the Periodic Table of Being a Mensch. What character strengths get stronger when you’re off screens? Are there any strengths that screen use improves?
5. If you were to begin a regular Shabbat practice, what would you want to get out of it?
6. Write ten new commandments for living in the digital age. Is this something you could put into practice?