

FAMILY DISCUSSION GUIDE

What Does It Mean to Be Thoughtful?

Raising a Considerate Child

Thoughtfulness is empathy in action—
seeing others, thinking ahead,
and choosing to help.

A small pause
can lead to
a big difference.

The pause
is where
kindness and
good choices
come from.

TRY IT TOGETHER

Plan one thoughtful act
as a family this week.
Do something kind for
someone and talk about
how it felt!

REMEMBER

Thoughtfulness
is a choice we make
every day.
It starts with a pause
and grows with practice.

LET'S TALK ABOUT IT

Use these questions to start meaningful
conversations, build empathy, and help
your child grow in thoughtfulness.

1. CONSIDERING OTHER PEOPLE

- What are some ways you notice other people's needs or feelings?
- How can we show we care with our actions?

2. CONSIDERING CONSEQUENCES

- What might happen if we act too fast without thinking?
- How does taking a pause help us make better choices?

3. REAL LIFE EXAMPLES

- Can you think of a time you were thoughtful? What did you do?
- When has someone else been thoughtful toward you?

4. BUILDING THE HABIT

- What helps you remember to think about others and the future?
- What could be your "pause button" this week?

5. LOOKING AHEAD

- How will being thoughtful help you in your friendships and in life?
- What kind of person do you want to be as you grow up?

DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology

Understanding minds.

Strengthening connections.