**Break-out Group Instructions** (30 minutes)

1. **Introductions** [a quick go-around]
   
   Name and where you’re from.

2. **Discussion Topics** [start with (a) for the first round, then (b), after that there’s no set topic]

   (a) **Share a time when you felt like you were part of something much bigger than your "self"…**
   ... being in nature and feeling a part of something bigger…
   ... or a group setting where you experienced deep community, with family or friends…
   ... or a time when you were working on an important project or social cause with others…

   (b) If you have a regular meditation practice, what is it?
      
      [and/or] How is mindfulness part of your daily life?

3. **Closing (5 min. before end)** [very quick closing go-around]

   Goodbye and Thankyou (exchange email addresses, if desired)

   **Discussion Guidelines**

   - Share from your own experience, don’t try to “fix” or offer unsolicited advice.
   - Give everyone the opportunity to speak - be mindful of how long you talk.
     
     Listen mindfully while others are speaking.
     
     Allow silence between speakers.
   - Everything shared is confidential. What happens in “zoom” stays in “zoom”.

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