

The Anxious Generation

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

Think back to a favorite unstructured afternoon from your own childhood. What made it feel free and safe?

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WARM-UP

2

Was there a moment in these pages that made you want to set your phone down and just breathe? Tell us about it.

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DISCUSSION

3

Haidt writes lovingly about real-world play. What kind of play still comforts you, even now as an adult?

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DISCUSSION

4

The book talks about the wish to belong. When have you felt most gently held by a real, in-person community?

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DISCUSSION

5

Reading about attention and quiet, did any part make you feel seen or a little tender about your own habits?

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DISCUSSION

6

Which of the book's small, hopeful suggestions felt the most warm and doable for your own life?

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DEEP

7

Sitting with the whole book, what feeling stayed with you longest: worry, hope, or something softer in between?

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DEEP

8

If you could offer one gentle, loving change to a child (or your younger self) after reading this, what would it be and why?

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