**Reallyville**

[**https://reallyville.com/video-pages/1-02-intro-skw-members/**](https://reallyville.com/video-pages/1-02-intro-skw-members/)

Question 1

Strong, Kind, and Wise were the “three crucial tools” John talked about. What do each of these mean in the video and why do you think each one is so important?

Question 2

John talked about hitting bottom and finally going to get help. Why do you think people are so afraid to talk to someone when they are having problems?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

[**https://reallyville.com/video-pages/1-3-lost-1-strong/**](https://reallyville.com/video-pages/1-3-lost-1-strong/)

Question1

What is an obstacle in your life right now?  How do you feel about that obstacle?  Is there anything you can do to overcome it?  Do you need help with your obstacle?

Question 2

Think of a mistake you have made.  What did you learn?  How did it impact your life and future steps that you take? How did it make you stronger?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

[**https://reallyville.com/video-pages/1-4-lost-2-kind/**](https://reallyville.com/video-pages/1-4-lost-2-kind/)

Question 1

Think of a time where you felt lost and needed others to help you out.  What was going on?  Who was there for you?  How would you have felt if others weren’t there for you?

Question 2

Why do you think kindness is so important? What would happen if people were never kind at all? What might happen if people were more kind to each other?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

[**https://reallyville.com/video-pages/1-5-lost-3-wise/**](https://reallyville.com/video-pages/1-5-lost-3-wise/)

Question 1

Is there someone that you look up to that has a lot of wisdom? Why do you think this person is wise? How have they affected you?

Question 2

Wisdom and intelligence are not the same thing. You can be “smart,” but not be wise. Try to explain how they are different. Use examples and/or metaphors to help illustrate the differences.

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

[**https://reallyville.com/video-pages/1-14-country/**](https://reallyville.com/video-pages/1-14-country/)

Question 1

Why do you think so many students don’t try their best in school? How hard do you try? Is there anything you could do better?

Question 2

If you were in charge of a country, how would you run it? Would schools look like they do now?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

<https://reallyville.com/video-pages/1-18-views-and-likes/>

Question 1

Can you think of people in your life that could fit into the four categories (views, likes, subscribers, & collaborators)? Give details to explain.

Question 2

Good friends (collaborators) can be hard to find. What are the characteristics you would expect in a really good friend? Do you feel like you live up to those criteria for others?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

<https://reallyville.com/video-pages/1-21-community/>

Question 1

“Some of the same people that act like they would help if they got rich some day, are the ones messing up the community right now.” What are some of the things people do that hurt your school and local communities?

Question 2

Who are some of the people that regularly help your school or local community the most? Who makes your community a better place? What do they do that makes your community better?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

<https://reallyville.com/video-pages/nnd/>

Question 1

Which of the Big 5 emotions do you tend to struggle with the most? How does it affect you? What does it feel like physically and mentally? What do you do about it?

Question 2

Explain what John meant by “notice it” and “name it.” How can you notice when an emotion is hitting you? How can you tell which emotion it is so you can name it?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

<https://reallyville.com/video-pages/deflate/>

Question 1

The top three tips were:  Take a Timeout, Breathe (box breathing), and Do Something. Have you tried any of these? Did they work? Are there other tips that could be added?

Question 2

Why is it so hard to deflate emotions? Why do you think people often refuse to take good advice about how to handle difficult emotions?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

[**https://reallyville.com/video-pages-specialty-bank/grit/2-teaching-grit/**](https://reallyville.com/video-pages-specialty-bank/grit/2-teaching-grit/)

Question 1

“People with self-control have a lot more power to change their future… to reach the goals they want to reach.” What do you think this means? Use examples to help explain.

Question 2

Grit is about pursuing long-term goals with passion and perseverance. You’re already “gritty” in some area. Where?… where have you shown grit? What goals would you like to reach that required grit?

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?

<https://reallyville.com/video-pages-specialty-bank/holiday-special-observances/kindness-week/>

Question 1

Both giving and receiving compliments can feel awkward.  Why do you think that is? Does this have any effect on you?

Question 2

Right now, write to someone that you feel deserves a compliment.  Tell them how you feel and why. Make it obvious that you put in effort to make their day

Question 3

What went through your mind as you watched the video? What stuck out to you? How did you feel? What did you connect with?