



When people  
arrive at your  
table

- ✓ Ask people to order something so that we can keep up good relations with this restaurant since they are letting us use their space.
- ✓ Ask people to place their food and drink orders **before** the discussion starts so that the discussion won't be interrupted as much.

Once the food and drinks have been ordered let everyone know...

### Our main Intention

- is to provide a **balanced discussion** where everyone has a chance to speak.

### We only have two rules

- respect for everyone at the table, and one person talking at a time (during the facilitated portion).

### Interjecting

- In order to avoid anyone from **dominating** the discussion, just **raise your hand** if you would like to speak. That way, everyone (including the facilitator) knows that you have something to say.

Okay, let's  
get started!

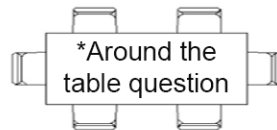


### \*Around the table question:

People answer the question from left to right ending with the person who asked it.

### WARM UP QUESTIONS always help build respect at the table...

Which of the **Food For Thought** videos was the most **interesting** to you, and why?

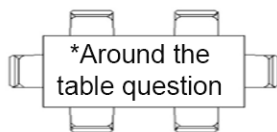


What do you believe are some of the main **contributors** to the **loneliness epidemic** as it's now being called?

Why do you believe that some people find it **easier** to make friends and be a part of a community than others?

... now that we're warmed up...

How comfortable are you at **talking** to strangers?



How comfortable are you at **'making the first move'** with a potential friend? (i.e. exchanging contact information)

Are you usually the **organizer** when it comes to suggesting to meet up with a friend? (If not, why not?)

**How often** is it necessary to meet up with friends in order to maintain a good **support system** in your life?

... going deeper ...

a) When was the **loneliest** time of your life, and why?

b) When was the **least loneliest** time of your life, and why?

a) How would you describe an **ideal community**?

b) Do you feel a sense of **community** in your life? If so, in what way?

What could be **improved** in public schools to make us better at **building** and **maintaining** meaningful connections?

### AFTER 90 MINUTES:

Feel free to stick around as long as you like. If there are multiple tables for this event then you are encouraged to move to other tables to mix and mingle.

Conversations are no longer limited to the topic.