



## Belonging Questions

Note to parents, caregivers and teachers -

The word belonging often refers to the feeling of security and being valued that takes place within groups like family, friends and culture. *The Place Where I Belong* book explores the idea that a child can discover they have value, they can find peace, and they can feel hope, among many other things that are part of belonging because of who they are, and in this present moment. They can feel this way when they are with others, when they are alone, or when they are away from all that was familiar. Below are some questions to explore this idea of belonging.

What does it mean to you to belong, or to feel like you belong?

When do you feel like you belong? At home, at school, near where you live?

Who helps you feel like you belong?

What do you like to do that helps you feel like you belong?

Can you share a time when someone made you feel welcome, valued, that you belong?

Who could you talk to if you feel like you don't belong, or see someone else feel this way?

How can you help others feel like they belong? At school, at home, near where you live?