



BE VERDANT

SUPPLEMENTAL GUIDE

Episode 15: Middle Schoolers 5 Questions for Consideration

1. Ranu mentions the importance of identity during middle school age. Why do you think this is so pivotal?
2. When was a key age for you in your development?
3. One way they help the children defining purpose and strengths is by identifying their super power. What is your super power and why?
4. Ranu and Alessandria discuss focusing on the process vs outcome. When and why do you think this is appropriate?
5. Research “Somatic Learning” and “mindfulness” online. What are some ways in which you could apply this concepts in your own life?