

THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

DISCUSSION CARDS

These cards are inspired by the book THE OPPOSITE OF HATE and discussions facilitated by THE PEOPLE'S SUPPER all across America. You can use these prompts in conversations with family, friends or co-workers to explore your shared feelings about hate and the ways you can be a beacon for connection instead.

Hate and incivility and division aren't just confined to our headlines or the pundits on our television screens or Twitter: We see its effects in our classrooms and our offices and our holiday reunions and every time we choose to assume the worst in someone rather than the best. The good news? We can do something to fight hate and incivility around our family dinner tables, and over casual meals shared with friends and neighbors and in our places of worship, one dinner and discussion at a time. So: Put away your phones for a few minutes. Go beyond "how was your day?", and one-word responses. Have the courage to share your feelings, and to listen as someone else shares theirs.

There are lots of ways to play with these, so do whatever feels most comfortable. You may try cutting out all the questions and putting them in a bowl in the center of the table. Invite each person at the table to pick them one at a time, and take turns discussing each one, eventually working your way to the bottom of the bowl. You can try placing one question next to every plate, and inviting whomever wants to to open up their question to the group. Or you can choose as a family to simply kick off the conversation with one question each night, having each person rotate as the question-asker. From there, let conversations unfold organically.

Tip: Don't force someone to share who doesn't want to: Instead, be willing to be vulnerable, and model that for the rest of the table.

The only rules: Listen. Don't interrupt. And know that what's said at the table stays at the table.

DIRECTIONS

- 1. print them out & cut them up
- 2. take turns discussing each card
- 3. listen, don't interrupt, be open

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who are your people?

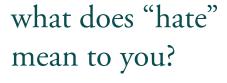
what's one kind thing you did today?



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what community do you belong to?







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who is someone you think hates you and why?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

who is someone you hate and why?



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think about someone you've forgiven. what led you to forgive them, and how did it feel to do so?



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have you ever said something to someone that you regretted? what do you wish you'd said instead?



what's something kind someone did for you that surprised you?



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talk about a time you thought someone was mean — but you were wrong.



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how do you show compassion for yourself when you're overwhelmed?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

how does the world know you're kind?



what is the nicest thing you've ever done for a stranger?



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how did you learn to stand up for what you believe in?



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

share a story about someone you love but who you disagree with about something.



THE OPPOSITE OF HATE X THE PEOPLE'S SUPPER

think about someone you don't get along with. what's something you think have in common?

