



ONE HEART STORIES
**DISCUSSION
QUESTIONS**





Discussion Questions

Katie and the Invisible Thread

This story invites readers to explore the unseen thread that connects all living things and to reflect on how recognizing this connection can change the way we treat ourselves, one another, animals, and the natural world.

Themes in This Story

- Sacred connection to all beings
- The unseen bond between all living things
- Unity and interconnectedness
- Caring for the world around us
- Wonder and curiosity
- Courageously exploring the unknown

Three Sets of Discussion Questions

1. Family Discussion Questions
2. Small Group or Classroom Discussion Questions
3. Whole-Class or Group Activities and Deeper Discussion

Family Discussion Questions

These questions are designed to help families reflect together on courage, belonging, connection, and the quiet moments that help us feel close to others and the natural world.

1. Why do you think Katie felt nervous about going onto the lake?
2. Have you ever felt confident in one place but nervous in a new situation? What helped you adjust or feel more comfortable?
3. Katie felt uncomfortable sitting on the cold rock in the river at first, but then, slowly, the coldness disappeared and she felt comfortable. What do you think helped Katie move from discomfort to peace while sitting on the rock in the river?
4. How can slowing down and being quiet help us notice things we might otherwise miss, including feelings of connection?
5. What do you think “everyone and everything is connected” means?
6. If we truly felt connected to other people, animals, and nature, how might our choices or actions change?
7. Why didn’t Katie want to leave the lake?
8. What do you think Katie’s mom meant when she said the feeling was already inside her?

9. What special heart memories do you carry inside you?

Family Share:

- Invite each family member to share a time they felt amazed by nature (sunset, stars, animals, ocean, snow, etc.).
- Sit quietly together and think about a time you felt deeply connected to a person, animal, or place in nature. Share what you remember feeling.
- Think of ways you and your family can care for people, animals, and nature this week, and share what that might be. Next week, share your experience.

Small Group or Classroom Discussion Questions

These questions encourage students to explore character growth, emotional courage, empathy, and the deeper themes of the story.

Understanding the Story

1. How did Katie grow or change throughout the story?
2. What are three words you would use to describe Katie?
3. What role does Katie's dog, Spirit, play in helping her feel safe, connected, or understood?
4. What role did Katie's mom play in helping her grow?

Courage and Growth

1. Katie felt nervous at first. What helped her move through her fear?
2. What are some things we can do when we feel nervous about something new?

Themes of Connection

1. What do you think the invisible thread represents in the story?
2. What happens when people forget this connection?
3. What places or experiences help you feel most connected, peaceful, or fully yourself?

Whole-Class or Group Activities and Deeper Discussion

1. Invisible-Thread Art Project

Materials:

Yarn, paper, crayons, glue

Directions:

Students draw themselves in the center of a piece of paper. Around the picture of themselves, instruct them to draw people, animals, places, and things they feel connected to.

Use yarn lines as “invisible threads.”

After students finish, invite them to explain one connection they drew and why it matters to them. Share how feeling a connection to others, animals, or nature might make a difference in how we treat them.

2. Nature Sound Listening Journal

Directions:

Take students outside or open a window. Sit quietly for two minutes and listen. Instruct students to write or draw all the sounds they hear. Encourage students to notice how their bodies and emotions feel while listening quietly.

Prompt:

How did it feel to listen carefully? Did you hear anything that surprised you?

3. *Fear and Courage Chart*

Directions:

Make a chart: ask students to add to it.

Katie Was Afraid	Katie Was Brave
Big, unknown lake	Got in canoe
Didn't understand feelings of connection	Asked questions and considered the answers thoughtfully

4. *Role-Play: Explaining the Invisible Thread*

Directions:

In pairs, one student shares a time they felt deeply connected to someone, an animal, nature, or a special place, and what that was like. Switch roles.

5. *Write a New Chapter*

Prompt Ideas:

Katie feels the invisible thread at school.
Katie helps a friend feel connected.
Katie feels the thread in unexpected places.
What would it be like at school (or in your neighborhood, city, or the world) if EVERYONE understood that we are all really connected?

6. Connection Circle

Students sit in a circle. Hold a ball of yarn and share something you care about, then, while holding one end, toss the yarn to a student, who repeats the process. Continue until a web forms. Talk about what the web of connection feels like.

At the end, gently tug the yarn and notice how the movement travels through the whole web, just like our actions affect others.

7. Teacher / Parent Closing Question

Why might it matter to remember that we are all connected to people, animals, and nature? How could this understanding change the way we live?