



Discussion Guide for Part 4:

“Come on Peter. Come on, Spiderman!”

1. What helps you get out of a “rut” or deal with challenges?
2. Think of a time you have accessed inner strengths and qualities when you didn’t think you had them. What was that like? How were you able to do that?
3. Peter uses self-talk to help him succeed. Is self-talk (whether out loud or to yourself) helpful for you? Is it sometimes not helpful (such as when you say negative things about yourself)?
4. How does (or could) self-talk help you in dealing with COVID-19 or other sources of stress?
5. How do you deal with things that are out of your control? What works to help calm you when you are feeling anxious, overwhelmed, or exhausted?
6. One student on a roundtable suggested trying to “get into a creative mindset” when responding to making mistakes or responding to stress. What does that mean to you? What are some things you could do that might help you get into a creative mindset?