

STRETCH

Discussion Guide



This discussion guide (not surprisingly) has multiple uses. If you want a traditional discussion, refer to the Stretch Questions below. If you want to stretch your book discussion, make the Stretch Die. First, print the template on pages 2 and 3 using cardstock. Next, cut out the templates, and attach them at the indicated sides. Fold along the pentagon edges, keeping the graphics on the outside. Use glue or tape to secure the tabs to the undersides of the pentagon edges so that they meet. Next, take turns rolling the die and answer the question facing up (if you land on the same question, you get to pose that question to someone else). Alternatively, make up your own use!

DISCLAIMER: This die is not chaser-friendly.

Stretch Questions:

1. Describe something you regularly chase after, and talk about how you can stretch in this situation instead.
2. Identify a time when you stretched and describe how it went.
3. What have you thrown away recently? How could you have given it a second life?
4. How can you embrace the multi-c rule?
5. How have you ever acted without a script or specific plans? What did you gain? What did you lose?
6. Complete this sentence inspired by Chapter 6: If a horse can do math, what can I expect of...
7. What is one unthinkable combination that you have made?
8. How would you build a birdhouse without a hammer, wood, or nails?
9. Work with a group to create an action plan to implement one of the twelve exercises to strengthen a stretch from Chapter 9.
10. Who is the biggest stretcher you know? How do they stretch?
11. How can you spread the idea of stretching? How might your organization or community benefit from it?


For more information about the book *Stretch*, or its author Scott Sonenshein, visit: www.IwillStretch.com

Attach to double-notch side (indicated with a star) on the black half of this template!

How can you spread the idea of stretching? How might your peers benefit from it?




What have you thrown away recently? How could you have given it a second life?




Complete this sentence inspired by Chapter 6: "If a horse can do math, what can I expect of..."




Describe something you regularly chase after, and talk about how you can stretch in this situation instead.



Work with your group to create an action plan to implement one of the twelve exercises to strengthen a stretch from Chapter 9.



Identify a time you stretched and describe how it went.



Who is the biggest
stretcher that you know?
How do they stretch?



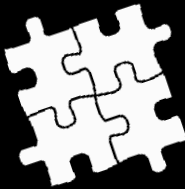
How would you build a
birdhouse without a
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STRETCH

SCOTT
SONENSHEIN

What is one unthinkable
combination that
you have made?



How can you embrace
the multi-c rule?



How have you ever acted
without a script or specific
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What did you lose?

