

Describe your mood right now as if it was a 'weather report'

Mindfulness

What activity helps you feel most present ("living in the moment").

Mindfulness

**What are three things you notice right now?
(can be anything you can see, smell, touch, taste, feel)?**

Mindfulness

Put your hands on your belly and take 3 mindful breaths, what do you notice?

Mindfulness

Close your eyes and watch your thoughts come and go like they were clouds in the sky for one minute. How did it feel?

Mindfulness

What sensations did you notice in your body today?

Mindfulness

Where do you feel stress or tension in your body?

Mindfulness

**Did you notice your breath today?
What was it like- fast, slow, shallow, deep?**

Mindfulness

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**How easy or hard
is it for you to notice
your emotions without
judging them?**

Mindfulness

**What kind of thoughts
were in your head today -
positive, negative,
or a mix of both?**

Mindfulness

**What does your breath
feel like when you're calm?
What about when you're
nervous?**

Mindfulness

**When was a time today
you felt really calm or
peaceful in your body?**

Mindfulness

**How do you know when
you're feeling stressed or
overwhelmed? How would
others know you're feeling
that way?**

Mindfulness

**What do you wish adults
in your life understood
better about you?**

Reflection

**What is something that
used to be hard for you,
that is easier now?**

Reflection

**What's something
totally random
you're really good at?**

Strengths

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What are good and bad things about social media?

Reflection

Can you recall a time you have changed your mind, what led to it?

Reflection

If any band or singer could write the soundtrack to your life who would it be and why?

Reflection

Can you think of a difficult experience that helped you learn something or made you stronger?

Reflection

What would you do differently if you could redo today?

Reflection

What's your favourite movie or TV show to re-watch?

Strengths

What's a recent conversation that made you think differently?

Reflection

What's something you could talk about for hours?

Reflection

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**How do you
do your part to take care
of Mother Earth?**

Kindness

**What's one nice thing
you can say to yourself
right now?**

Kindness

**If you could instantly
master any hobby,
what would it be?**

Reflection

**Would you rather
have to sing everything
you say, or dance
everywhere you go?**

Reflection

**Would you rather
never use the internet
again, or never eat your
favourite food again?**

Reflection

**If you could change
anything in the world,
what would it be?**

Kindness

**What's your most
used emoji?**

Kindness

**Have you ever tried a
random act of kindness?
If not, can you think of
one you could try?**

Kindness

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**What can you do
to help a friend when
they are having a
hard day?**

Kindness

**What's your favourite
way to spend a weekend?**

Strengths

**Can you think of one
change you would like
to make that would make
the world a better place
for everyone?**

Kindness

**Some people say that
everyone is connected,
would you agree?**

Kindness

**If you had 1 million dollars
to give to a charity or
group of people in need,
who would you give it to
and why?**

Kindness

**Was there a moment
today when you helped
someone or someone
helped you?**

Kindness

**What's something you
deeply care about
and why?**

Kindness

**What moment makes
you feel proud of yourself.**

Strengths

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If your life had a theme song, what would it be?

Kindness

List three personal strengths.

Strengths

What makes you a good friend?

Strengths

What would you say is your superpower?

Strengths

What's a challenge you overcame recently?

Strengths

What's something small you noticed today that made you happy?

Strengths

What are you grateful for today?

Strengths

Would you rather fight one horse-sized duck or 100 duck-sized horses?

Strengths

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