

**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**

**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 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 a recent conversation that made you think differently?**

**Reflection**

**What's something you  
could talk about  
for hours?**

**Reflection**

**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**

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

**Strengths**

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

**Strengths**

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

**Strengths**



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

**Strengths**

**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**



**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 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**

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

**Kindness**

**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**

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

**Kindness**