

## Sample Questions

- What is something new that you are excited to learn?
- What's something good about today?
- Name one thing that you appreciate about someone else.
- If you had 3 wishes what would you wish for?
- What is one of your favorite things to do in the summer/fall/winter/spring?

The questions offered in this package are designed to support growth mindset, goal setting, and gratitude, which are three important social emotional skills in their own right.

They inspire children to look inside and at the world around them and with a sense of hope, appreciation, and empowerment, which is part of the reason why they're so engaging

They also invite children and teens to share themselves with others, which despite our shyness is one thing all humans, especially children and teens really want and need to do.