1. How do you feel when you achieve something you worked hard for?
2. What are some qualities that make someone a strong leader?
3. Why is it important to listen when someone is talking to you?
4. How do you show kindness to others when they are having a tough time?
5. How can you tell when a friend needs help or support?
6. If you saw someone being bullied, what could you do to help?
7. How do you know when you’re starting to feel stressed?
8. How do you handle it when things don’t go the way you expect?
9. How do you feel when you achieve something you worked hard for?
10. What are three things you like most about yourself?
11. What are some ways to show empathy to a friend who is feeling sad?
12. What’s a way you can show gratitude to someone who has helped you?
13. Can you think of a time when you felt really proud of yourself? What happened?
14. What’s one thing you can do to help yourself feel less nervous before a big event?
15. How do you manage your feelings when you get frustrated with schoolwork?
16. What helps you keep a positive attitude when you’re facing a challenge?
17. What are some ways to stay focused when you're doing something hard?
18. How can you help yourself stay patient when you're waiting for something exciting?