



# **26 Questions to Help Kids Know Themselves Better**



**1. What are your strengths?**

**2. If you could live anywhere in the world, where would it be? Why?**

**3. What are your goals for this school year?**

**4. Who do you talk to when you have a problem? How do they help?**

**5. What do you like to do for fun?**





# **26 Questions to Help Kids Know Themselves Better**



**6. What are you worried about?**

**7. What do you wish your parents knew about you? What do you wish your friends or classmates knew about you?**

**8. If you could have one wish, what would it be?**

**9. What do you feel ashamed of?**

**10. Where do you feel safest?**





# **26 Questions to Help Kids Know Themselves Better**



**11. If you weren't afraid, what would you do?**

**12. What does failure mean to you? Have you ever felt like a failure? How did you cope?**

**13. How can you tell that you're getting angry? What does your body feel like? What are you thinking?**

**14. How are you different?**

**15. What's something that adults (parents, grandparents, teachers, etc.) say to you that's really stuck with you? Do you think they're right?**





# **26 Questions to Help Kids Know Themselves Better**



**16. What do you do when people don't seem to like you?**

**17. What is your proudest accomplishment?**

**18. What things are in your control? What's out of your control? How does it feel to notice that some things are out of your control?**

**19. What do you like about your school? What do you dislike?**

**20. What do you do when you're stressed out?**



# 26 Questions to Help Kids Know Themselves Better



**21. What's something nice you could say to yourself?**

**22. What is your happiest memory?**

**23. What do you do when you're feeling down? Do you think it's OK to cry? Do you think it's OK to yell?**

**24. What is your favorite book? Movie? Band? Food? Color? Animal?**

**25. What are you grateful for?**

**26. What do you like about yourself?**

