

Well-Being Themed Conversation Starters

Name one thing that made you smile today.



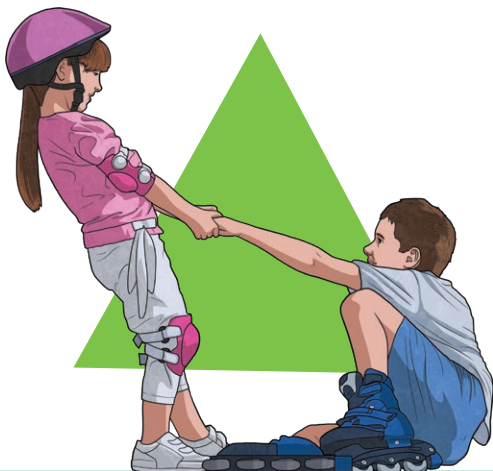
Name one thing that made you laugh today.



What colour would you use to describe your day today? Why?



Did you do anything that special today? What did you do?



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Name one thing you learned about yourself today.



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What did you worry about today?



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What are you most proud of today?



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Name one thing you can do to make a difference in the world.



Have you experienced kindness today? Explain.



What qualities do you have that make you a good friend?



Describe yourself in one word.



What's the funniest joke you know?



Describe your perfect day.



What is the best part of being ____ years old?



Think of something you could do to help someone tomorrow.



Did you feel sad at all today? How did you work through it?



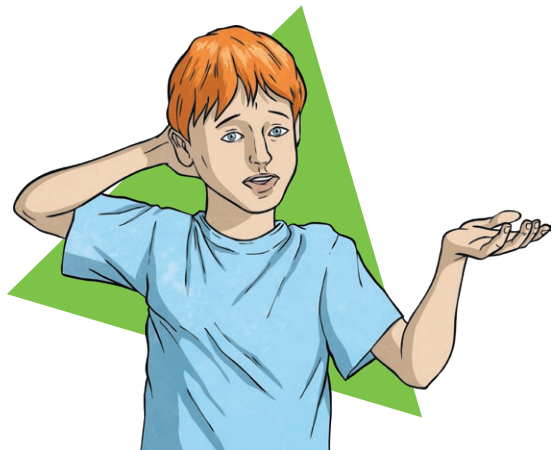
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Did you feel angry today? What strategies did you use to help yourself?



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Did you see, hear or learn something that confused you today? What was that?



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If you could change one thing in the world, what would it be?

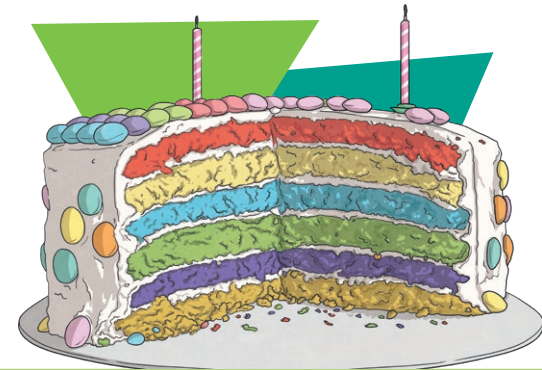


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Name one thing you are grateful for.



What do you dislike about your age?



What calmed you down today?



What hobbies or sports would you like to try? Why?

