

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?



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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?



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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?



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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?



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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?

