



SOULFUL

22

WHAT IS THE MOST BEAUTIFUL THING YOU'VE EVER SEEN?

STRONG

17

NAME AN ADULT YOU FEEL IS "IN YOUR CORNER". HOW DO THEY SHOW YOU THAT THEY ARE THERE FOR YOU?

24

NAME THREE HEALTHY ACTIVITIES YOU ENJOY. INCLUDE ONE ENERGIZING AND ONE CALMING ACTIVITY.

SILLY

19

WHAT WAS THE LAST ANIMAL ENCOUNTER YOU HAD? OR, TELL ABOUT AN ENCOUNTER YOU HAD IN THE PAST.

26

WOULD YOU RATHER BATTLE ONE HORSE-SIZED DUCK OR 100 DUCK-SIZED HORSES?

SOULFUL

1

WHAT'S YOUR
PERSONAL WEATHER REPORT
LOOK LIKE TODAY/THIS WEEK?

8

WHAT IS A
PIECE OF ART THAT YOU ENJOY
OR FIND MOVING?

15

WHAT IS SOMETHING
"SQUISHY" OR HARD
YOU'RE DEALING WITH RIGHT NOW?

22

WHAT IS SOMETHING
YOU WOULD TELL
YOUR YOUNGER SELF?

29

WHO IS SOMEONE THAT
MAKES YOU FEEL
LIKE YOU BELONG?

STRONG

3

HOW DO YOU
CONTRIBUTE TO THE COMMUNITY?

10

WHAT IS AN EXAMPLE OF
A TIME FAMILY SUPPORT WAS
REALLY STRONG FOR YOU?

17

IN WHAT WAYS DO YOU EXPERIENCE
SPIRITUALITY IN YOUR OWN LIFE?

24

HOW CAN YOU
KEEP YOUR BODY HEALTHY?

31

WHO DO YOU THINK IS THE
MOST GENEROUS PERSON YOU KNOW
AND WHY?

SILLY

5

DO YOU EAT MAC AND CHEESE
WITH A SPOON OR A FORK?

12

WOULD YOU RATHER HAVE A FREE
YEAR-LONG VACATION TO EUROPE OR
A FREE 30 MINUTES ON THE MOON?

19

WHEN DID YOU LAST
LAUGH SO HARD?

26

WHICH TV SHOW/BOOK/MOVIE
WOULD YOU MOST LIKE TO LIVE IN?





SOULFUL

5 WHEN WAS THE
LAST TIME YOU DID SOMETHING
FOR THE FIRST TIME?

12 WHERE IS YOUR
FAVORITE PLACE TO GO
FOR A WALK OR RELAX?

19 WHAT'S SOMETHING
YOU ARE GOOD AT?

26 WRITE YOURSELF A PERMISSION SLIP.
WHAT ARE YOU GIVING YOURSELF
PERMISSION TO DO?

STRONG

7 WHO IS A POSITIVE FRIEND FOR YOU
AND WHAT DO YOU
APPRECIATE ABOUT THEM?

14 HOW DID YOUR TRUSTED ADULT
WORK TO GAIN YOUR TRUST? HOW CAN
AN ADULT WORK TO BECOME TRUSTED?

21 WHAT IS ONE WAY YOU CAN
SHOW GENEROSITY TODAY?

28 WHEN YOU FEEL OVERWHELMED,
WHO HELPS YOU FEEL CALM?

SILLY

2 WHAT DISH MAKES
A FAMILY DINNER COMPLETE?

9 WOULD YOU RATHER
FIND HIDDEN TREASURE
OR A LIVE DINOSAUR?

16 WOULD YOU RATHER BE
AN ENLIGHTENED COW OR A REGULAR
PERSON WHOSE DAYS ARE GENERALLY FINE?

23 WOULD YOU RATHER
HAVE FINGERS FOR TOES
OR TOES FOR FINGERS?

30 DO YOU EAT SPAGHETTI
ON A PLATE OR IN A BOWL?

SOULFUL

3

WHAT ARE THREE THINGS
YOU ARE THANKFUL FOR
TODAY AND WHY?

10

WHAT ACTIVITIES
HELP YOU FEEL JOY?

17

WHAT STRENGTH DID YOU USE LAST WEEK?
HOW DID IT HELP?

24

WHEN IS A TIME YOU
CONNECTED SOMEONE ELSE TO HELP?

31

SHARE A POEM
THAT MEANS A LOT TO YOU.

STRONG

5

SHARE ABOUT A TIME YOU WERE
A POSITIVE FRIEND OR WHEN SOMEONE WAS
A POSITIVE FRIEND FOR YOU.

12

WHAT IS A HEALTHY ACTIVITY
YOU MIGHT LIKE TO TRY?

19

WHERE ARE
SPIRITUAL PLACES FOR YOU?

26

WHEN YOU ARE ANGRY,
WHAT IS AN ACTIVITY YOU CAN DO
TO COOL DOWN AND TO COPE?

SILLY

7

WOULD YOU RATHER LEAVE A TRAIL OF
CHEETO DUST EVERYWHERE OR HAVE EVERYTHING
YOU EAT TASTE LIKE BLACK LICORICE?

14

WHAT'S A NEW WORD
WE COULD USE FOR BELLY BUTTONS?

21

DO YOU HAVE ANY NICKNAMES?
WHAT/WHO GAVE THEM TO YOU?

28

WOULD YOU RATHER BE
A KANGAROO OR A HORSE?





SOULFUL

7 IT TAKES 21 DAYS TO CREATE A HABIT.
WHAT HABIT WOULD YOU LIKE TO CREATE?

14 WHAT'S YOUR
FAVORITE MEAL?

21 WRITE A SHORT THANK-YOU NOTE
TO SOMEONE YOU ARE GRATEFUL TO
HAVE IN YOUR LIFE.

28 WHEN IS A TIME YOU FELT
THAT YOU BELONGED?

STRONG

2 SHARE ABOUT A TIME THAT
MEDICAL ACCESS WAS A STRENGTH FOR YOU
OR YOUR FAMILY OR FRIENDS.

9 WHEN YOU FEEL SADNESS,
WHO ARE THE PEOPLE YOU WANT TO
CONNECT WITH?

16 WHO IS A MENTOR FOR YOU
AND WHAT DO YOU APPRECIATE
ABOUT THEM?

23 WHAT MAKES
A PERSON "FAMILY"?

30 SHARE A STORY OF HOW YOU USED
HEALTHY ACTIVITIES TO COPE WITH
A DIFFICULT SITUATION.

SILLY

4 WOULD YOU RATHER FART GLITTER OR
BREAK INTO 8 COUNTS OF BEYONCE
CHOREOGRAPHY EVERY TIME YOU SNEEZE?

11 DO YOU THINK THERE ARE MORE
BLUE CARS OR RED CARS IN THE WORLD?
WHY?

18 IF YOU WERE ROYALTY,
WHAT WOULD BE YOUR FIRST DECREE
AS RULER?

25 WHAT WOULD YOU PUT IN
A TIME CAPSULE FOR
FUTURE GENERATIONS/ALIENS TO FIND?

SOULFUL

STRONG

SILLY



2
WHAT KIND OF DRAGON WOULD YOU BE?
WHAT TREASURE WOULD YOU HOARD?

5
WHO ARE PEOPLE IN YOUR LIFE
THAT HELP YOU AND
HOW DO THEY HELP YOU?

7
WHAT UNIQUE TRADITIONS
DO YOU HAVE IN YOUR FAMILY?

9
WOULD YOU RATHER SEE EVERYTHING
IN SLOW MOTION OR
IN FAST FORWARD?

12
WHERE WOULD YOU GO TO
CONNECT A STRUGGLING FRIEND TO HELP?

14
WHO IS A TRUSTED ADULT THAT
MAKES YOU FEEL SAFE TO BE YOURSELF?

16
WHAT'S THE COOLEST
SOUND EFFECT YOU CAN MAKE?

19
FIND SOMETHING IN YOUR
BAG/ROOM/LOCKER THAT REPRESENTS
WHAT YOU ARE GRATEFUL FOR.

21
NAME A TIME IN WHICH
YOU DEMONSTRATED GENEROSITY.

23
WHAT DO YOU THINK WOULD HAPPEN
IF A VAMPIRE BIT A ZOMBIE?
WHAT IF A ZOMBIE BIT A VAMPIRE?

26
HOW HAVE YOU CONNECTED
OTHERS TO YOUR COMMUNITY?

28
SHARE ABOUT A TIME WHEN YOU FELT
PEACEFUL AND CONTENT.

30
WHAT'S THE FUNNIEST JOKE
YOU'VE EVER HEARD?

