

60-SECOND MINDSET MOMENTS

END-OF-CLASS REFLECTION PROMPTS

Questions about Effort

- Where did you give your best effort today?
- What was something you kept trying even when it was difficult?
- When did you choose to keep going today?
- What did you do today that took effort, not just ability?
- What challenged you today, and how did you respond?
- Did you give up, ask for help, or try a new strategy when something got hard?
- What is one thing you didn't understand at first but worked through?
- When did you step outside my comfort zone today?
- What would you try differently if you could re-do today again?
- Finish this sentence: "Today, I was proud of myself for trying to..."

Questions about Growth

- What can you do now that you couldn't do before?
- What did you learn about yourself today?
- What mistake taught you something today?
- What is one small way you grew today?
- What felt difficult at the beginning of class but easier by the end?
- What did you learn from someone else today?
- What new strategy did you try today?
- What are you getting better at?
- What would your past self be proud of you for today?
- Finish this sentence: "I'm still learning how to..."

Questions about Goals

- What is one goal you're working toward right now?
- What is one small step you took toward your goal today?
- What's one thing you can do tomorrow to get closer to your goal?
- What do you want to be able to say, "I can do this!" about by the end of the month?
- What is one thing you want to challenge yourself to try tomorrow?
- What's something you want to improve on?
- What is one habit that could help you reach your goal?
- If you keep putting in this effort, where could you be a month from now?
- What's one goal that feels exciting to you right now?
- Finish this sentence: "Tomorrow, I will take one step toward my goal by..."

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Questions about Mindset

- What thought helped you get through something difficult today?
- Did you catch yourself saying “I can’t” today? How could you add “yet”?
- What is something you used to find difficult that feels more manageable now?
- When did you surprise yourself today?
- What did today teach you about what you’re capable of?
- What would you tell a friend who was struggling with what you worked on today?
- What is one thing you’re learning not to be afraid of?
- What helped you stay focused today?
- What does “trying” look like for you?
- Finish this sentence: “I am becoming someone who...”

Questions about Community & Teamwork

- Who helped you learn something today?
- Who did you help today?
- What did someone else do today that inspired you to keep trying?
- When did you make someone else feel supported today?
- What did your team do well today?
- What is one thing you could do tomorrow to make our classroom stronger?
- What did you learn from someone whose approach was different from yours?
- When did you listen, encourage, or collaborate today?
- What is one strength you bring to our classroom community?
- Finish this sentence: “Our class is better when we...”

Questions about Confidence & Reflection

- What is one thing you’re proud of today?
- What is one small win you want to remember?
- What surprised you about yourself today?
- What would you give yourself credit for today?
- What is something you want to remember the next time something feels hard?
- If today were one step on your journey, what did that step teach you?
- What is one word you’d use to describe your effort today? Why?
- What would you tell your future self about today?
- What is one thing you want to carry from today into tomorrow?
- Finish this sentence: “Tomorrow, I’m going to show up ready to...”