

CLASSROOM CHAMPIONS

Daily Reflection Prompts



GOAL SETTING

- What is your biggest dream and why is it really important to you?
- How do you make a big goal into smaller steps that are easier to do?
- What do you do to stay excited and focused on your goals?
- Can you think of a time when you had to change your plans? How did you handle it?
- Why is it helpful to have specific and easy to measure goals?

EMOTIONS

- Can you remember a time when you were really happy, or very sad? What did you do to feel better?
- How do different feelings change the way we see and act?
- Why is it important to understand and talk about our feelings in a nice way?
- How does knowing how we feel help us know ourselves better?
- How does being kind and caring about others feelings make us good friends?

COMMUNITY

- What does being a part of a community mean to you, like your school or neighborhood? Why is it important?
- How can we be helpful and nice to the people around us and make our community better?
- Can you think of a time when lots of people helped each other? How did it make you feel?
- Why is it good to be involved and take part in your community?
- How does being friends with others and working together make our community strong?

PERSEVERANCE

- Can you tell me about a time when you didn't give up and kept trying until you did something really well?
- What can we do when things get tough and we want to stop trying?
- Why is it important to believe in ourselves and keep going even when it's hard?
- How does trying our best and not giving up make us stronger and better at things?
- What is it good to celebrate and be proud of the little things we accomplish?

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TEAMWORK

- Have you ever worked with a team to do something? How did everyone work together to make it successful?
- Why is it important to talk and listen to each other when we work in a team?
- How does helping and sharing with others in a team make us do better things?
- Why is it nice to trust and respect our teammates?
- How can different ideas and skills from everyone make a team better at solving problems?

FEEDBACK

- How does getting advice and suggestions from others help us get better at things we do?
- Can you think of a time when someone told you how to do something in a kind way? How did it help you?
- Why is it good to give and get feedback in a polite and friendly way?
- How does getting feedback at school or when we play help us learn and do our best?
- How can saying nice things to each other and helping each other make us feel good?

HEALTHY LIVING

- What does it mean to live in a healthy and balanced way? Why is it important?
- How does taking care of our bodies make us feel happy in our minds?
- What are some things we can do every day to stay healthy and strong?
- Why is it good to eat good food and exercise for our bodies?
- How can being calm and taking care of ourselves make us feel really good inside?

LEADERSHIP

- Can you think of a time when you took the lead and helped others? What did you learn from it?
- What are some things that make a person a good leader?
- How does a good leader make people feel excited and want to do their best?
- Why is it important for a leader to be nice and listen to others?
- How can we learn to be leaders?