

Self-reflection questions

This activity is designed to encourage children to reflect on the way they think about themselves and the world around them.

Good times

What is your favourite place?

Where do you like to go with your friends/family?

Where do you feel safest?

Where do you go to relax?

Have you a special moment in your life you remember?

Can you remember a school trip you enjoyed?

Have you ever been anywhere special on holiday?

What do you like to do at weekends?



Personal characteristics

How would the person that knows/loves you the best describe you?

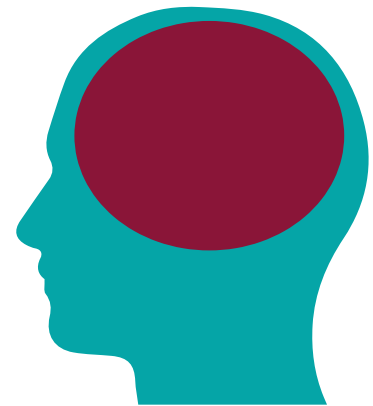
What do your friends like about you?

When was the last time you helped someone?

Is there anyone you look after or help to look after?

Have you any pets that you care for?

What do you like best about yourself?



Work through the questions

Share your responses with a friend

Could you be more positive about yourself?

For more activities

This activity is taken from **60 Motivational Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

Be part of **#NurtureWeek** online — share your pictures with us on Twitter **@nurtureuktweets**. Don't forget to like, comment and share our posts on **Facebook** and **Instagram** too!

Nurtureuk is a national charity supporting the mental health and wellbeing of children and young people in education. [You can help support our work here.](#)