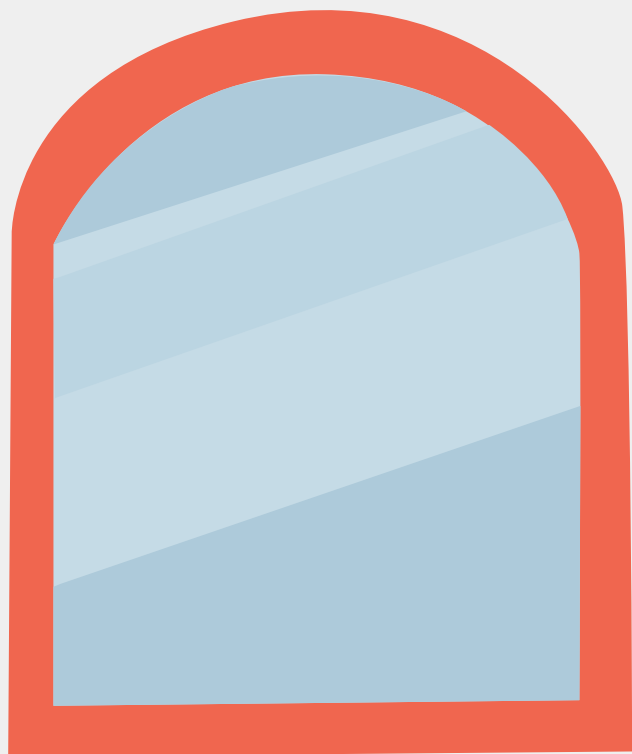


ReadingVine

Self-Reflection

TASK CARDS



1

Self-Reflection

**What are three things
you are good at, and why
do you think you are
good at them?**

2

Self-Reflection

**Think about a time when
you felt really happy.
What were you doing, and
why do you think it made
you happy?**

Self-Reflection

When you make a mistake, what can you do to learn from it and do better next time?

4

Self-Reflection

Describe a time when you helped someone. How did it make you feel, and why is helping others important?

5

Self-Reflection

**What is something
you'd like to learn
more about, and
why does it
interest you?**

6

Self-Reflection

Think about a time when you were proud of yourself. What did you do, and why did it make you proud?

Self-Reflection

What are three things that make you unique and special? How do they make you who you are?

8

Self-Reflection

Describe a challenge you've faced. How did you overcome it, and what did you learn from the experience?

Self-Reflection

What are three things that make you feel calm and peaceful when you're upset or worried?

Self-Reflection

Imagine you have a magic mirror that shows your inner qualities. What would you like to see in your reflection, and why are those qualities important to you?

Self-Reflection

**What makes you
smile the most,
and why?**

Self-Reflection

**What's a happy
memory you have?
Why does it make
you feel joyful?**

Self-Reflection

**Describe a time when you
felt really proud of yourself.**

Self-Reflection

What are three things you enjoy doing in your free time, and why do you like them?

Self-Reflection

Think about your favorite book. What do you like most about it, and why?

Self-Reflection

**What are some things
that make you feel
excited or enthusiastic?**

Self-Reflection

Describe a time when you felt nervous. How did you calm yourself down?

Self-Reflection

Think about your favorite place. What makes it special to you?

Self-Reflection

**What are some things that
make you feel peaceful
and relaxed?**

Self-Reflection

Reflect on a time when you made a new friend. How did you feel, and why?

Self-Reflection

What are some goals you have for yourself, and why do you want to achieve them?

Self-Reflection

**Imagine you could travel
anywhere in the world. Where
would you go, and why?**

Self-Reflection

Describe a time when you helped someone. How did it make you feel?

Self-Reflection

What are three things you love about yourself, and why are they important?

Self-Reflection

Reflect on a time when you had to make a tough decision. How did you decide, and why?

Self-Reflection

**What are some things that
make you feel curious and
eager to learn?**

Self-Reflection

Think about a time when you felt a sense of accomplishment. What did you do, and why was it important?

Self-Reflection

Describe your favorite season. What do you enjoy most about it, and why?

Self-Reflection

**What are some activities
that help you relax and
recharge?**

Self-Reflection

Reflect on a time when you made a mistake. What did you learn from it?

Self-Reflection

What are three things that make you feel loved and cared for?

Self-Reflection

Imagine you could meet any historical figure. Who would it be, and why?

Self-Reflection

**Describe a time when you
faced a fear or challenge
bravely. How did you do it?**

Self-Reflection

**What are some things you like
to imagine or daydream
about, and why?**

Self-Reflection

Reflect on a time when you felt grateful for your friends. What did they do, and why was it special?

Self-Reflection

What are three things you value most in a friend, and why?

Self-Reflection

Reflect on a time when you showed perseverance and didn't give up. How did it pay off?

Self-Reflection

What are some things that make you feel inspired and motivated?

Self-Reflection

**Think about a time when you felt
determined to achieve a goal.
What did you do to reach it?**

Self-Reflection

**Describe your
favorite animal.
What do you like
about it, and why?**