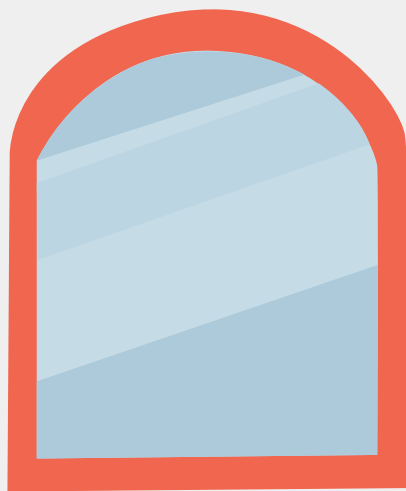


ReadingVine

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?

3 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?

7 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?

9 Self-Reflection

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

10 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?

11 Self-Reflection

What makes you smile the most, and why?

12 Self-Reflection

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

13 Self-Reflection

Describe a time when you felt really proud of yourself.

14 Self-Reflection

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

15 Self-Reflection

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

16 Self-Reflection

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

17 Self-Reflection

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

18 Self-Reflection

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

19 Self-Reflection

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

20 Self-Reflection

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

21 Self-Reflection

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

22 Self-Reflection

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

23 Self-Reflection

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

24 Self-Reflection

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

25 Self-Reflection

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

26 Self-Reflection

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

27 Self-Reflection

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

28 Self-Reflection

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

29 Self-Reflection

What are some activities that help you relax and recharge?

30 Self-Reflection

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

31 Self-Reflection

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

32 Self-Reflection

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

33 Self-Reflection

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

34 Self-Reflection

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

35 Self-Reflection

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

36 Self-Reflection

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

37 Self-Reflection

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

38 Self-Reflection

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

39 Self-Reflection

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

40 Self-Reflection

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