

# SEL DISCUSSION PROMPTS

Print the following question prompts. Incorporate them into activities you do in the classroom to add an additional SEL component.

Describe yourself in 3 words.

Name 2 things that make a good friend.

What are your biggest strengths?

Who in your life do you admire most?

What is something that makes you nervous?

What is the dumbest thing you have ever done?

What's the hardest thing about being a kid?

Describe a time when you felt mad.

Who is your favorite celebrity and why?

What is your favorite hobby?

How many times have you moved?

How many siblings do you have?

What is your favorite movie and why?

If someone gave you \$100 what would you do with it?

If you could trade lives with someone who would it be?

What is your favorite subject in school?

What is something you learned about this last week?

What is something that makes you happy?

Describe a time when you felt excited.

Describe a time when you felt sad.

What is something that you are good at?

What is something that people always say about you?

*Huddle up*

©Copyright 2022 Huddle Up™. All rights reserved.

Describe a time when you felt embarrassed.

How would you describe your childhood?

Who do you want to be like and why?

What would you do if someone said something mean to you?

What would you do if your friend was mad at you?

What is your favorite thing about yourself?

What is your favorite color?

Describe a time when you felt calm or peaceful.

If you could change one thing about yourself, what would it be?

What is something you wish you were better at?

What do you think makes you a good friend?

What is the hardest thing you have ever done?

*Huddle up*

©Copyright 2022 Huddle Up™. All rights reserved.

Describe a time when you felt proud.

If you could go anywhere, where would you go?

What is a goal you are trying to accomplish?

How do you learn best?

Describe a time when you disagreed with someone.  
What did you do?

What makes a good team?

What is something you like to do for fun?

What is something you can do to make the world a better place?

Describe a time when someone made you smile.

Describe a time when you felt important.

If you could change something in the world, what would you change?

How do you like to help out at home?

*Huddle up*

©Copyright 2022 Huddle Up™. All rights reserved.