

SOULFUL

3
WHAT IS SOMETHING
YOU CONSIDER TO BE PRICELESS?

10
WHO ARE PEOPLE IN YOUR LIFE
THAT HELP YOU AND
HOW DO THEY HELP YOU?

17
WHERE WOULD YOU GO TO
CONNECT A STRUGGLING FRIEND TO HELP?

24
FIND SOMETHING IN YOUR
BAG/ROOM/LOCKER THAT REPRESENTS
WHAT YOU ARE GRATEFUL FOR

31
HOW HAVE YOU CONNECTED
OTHERS TO YOUR COMMUNITY?

STRONG

5
WHEN/WHERE/WITH WHO
DO YOU FEEL MOST CONNECTED?

12
WHAT UNIQUE TRADITIONS
DO YOU HAVE IN YOUR FAMILY?

19
WHO IS A TRUSTED ADULT THAT
MAKES YOU FEEL SAFE TO BE YOURSELF?

26
NAME A TIME IN WHICH
YOU DEMONSTRATED GENEROSITY

SILLY

7
WHAT KIND OF DRAGON WOULD YOU BE?
WHAT TREASURE WOULD YOU HOARD?

14
WOULD YOU RATHER SEE EVERYTHING
IN SLOW MOTION OR
IN FAST FORWARD?

21
WHAT'S THE COOLEST
SOUND EFFECT YOU CAN MAKE?

28
WHAT DO YOU THINK WOULD HAPPEN
IF A VAMPIRE BIT A ZOMBIE?
WHAT IF A ZOMBIE BIT A VAMPIRE?



SOULFUL

STRONG

SILLY

2
WHERE IS A PLACE THAT
LIFTS YOUR SPIRIT?

4
WHAT MAKES YOU FEEL LIKE DANCING?

7 NAME A MOVIE CHARACTER THAT YOU
ADMIRE AND EXPLAIN WHAT YOU ADMIRE
ABOUT THEM

9
WHO IS SOMEONE YOU ADMIRE
FOR THEIR STRENGTH?

11 IF YOU HAD A SINGLE SONG AS
THE SOUNDTRACK TO YOUR LIFE,
WHAT WOULD IT BE?

14
WHEN IS A TIME YOU WERE BRAVE?

16
WHAT IS A HOBBY YOU LOVE,
AND WHY DO YOU LOVE IT?

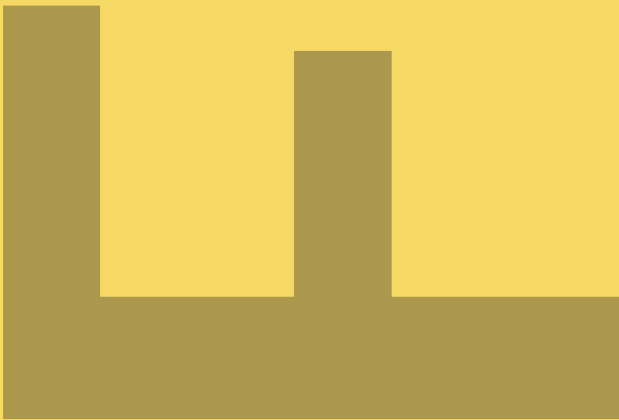
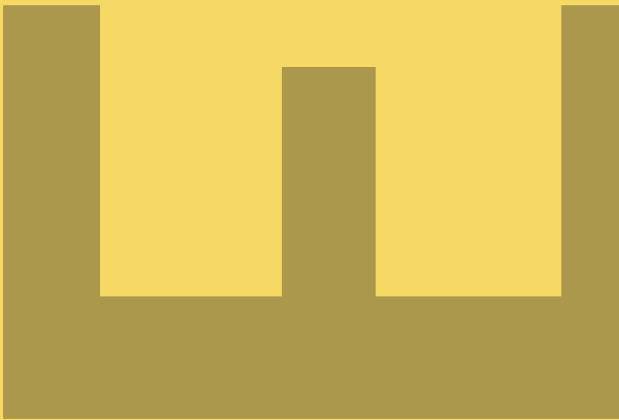
18
IF YOU COULD LIVE IN A TV SHOW,
WHAT WOULD THAT SHOW BE?

21
SHARE ABOUT A RELATIONSHIP IN WHICH
YOU FEEL CAN FULLY BE YOURSELF

23
WHEN IS A TIME YOU
DISPLAYED PERSEVERANCE?

25
WOULD YOU RATHER SWIM WITH
A SHARK OR A CROCODILE?

28
WHO IS YOUR FAVORITE
PERSON TO LAUGH WITH?



SOULFUL

STRONG

SILLY

2
WHO IN YOUR LIFE
PREPARES THE BEST MEALS?

4
WHAT'S THE MOST UNUSUAL THING
YOU'VE EVER EATEN?

7
WHAT COLOR IS YOUR
SPIRIT OR SOUL AND WHY?

12
DEFINE THE WORD MENTOR

14
SANDWICHES... CUT DIAGONALLY,
TOP TO BOTTOM, OR SIDE TO SIDE?

14
WHAT IS A CHARACTERISTIC YOU HIGHLY
VALUE IN ANOTHER PERSON?

19
WHAT DO YOU VALUE MOST
ABOUT YOUR FAMILY?

21
SHOULD TOILET PAPER HANG
OVER OR UNDER?

21
WHAT'S YOUR FAVORITE
SEASON OF THE YEAR?

26
BRAINSTORM ONE WAY YOU CAN BE
GENEROUS TO YOURSELF THIS WEEK

28
CAN YOU SNEEZE
WITH YOUR EYES OPEN?

28
WHAT OR WHO IS THE LAST
THING/PERSON TO MAKE YOU SMILE?

30
WHAT ACTIVITY MAKES
YOU FEEL YOUR BEST?



SOULFUL

STRONG

SILLY

1
WHAT IS YOUR MOST
FREQUENTLY USED EMOJI?

4
WHERE CAN YOU GO
TO FIND PEACE?

6
HOW CAN YOU TAP INTO ONE OF THE
STRENGTHS ON THE STRENGTH WHEEL
DURING WORK/SCHOOL?

8
DO YOU WALK, STRUT, OR SASHAY?

11
WHAT'S YOUR FAVORITE WAY TO
SPEND A "NO SCHOOL" DAY?

13
WHERE IS A PLACE THAT YOU FEEL
CONNECTED TO NATURE?

15
WHAT'S SOMETHING MOST PEOPLE LIKE
BUT YOU DON'T UNDERSTAND?

18
WHAT CATEGORY OF TRIVIA
ARE YOU MOST SKILLED IN?

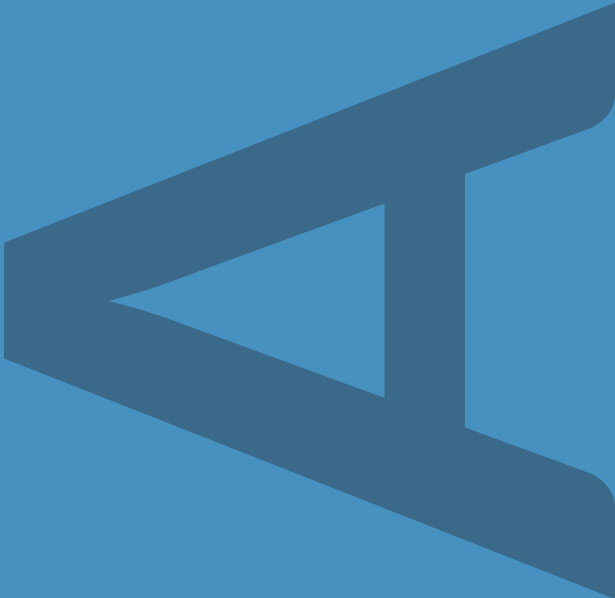
20
WHAT ARE THE CHARACTERISTICS
OF A POSITIVE FRIEND?

22
IF YOU HAD A PARROT WHAT WOULD
YOU TEACH IT TO SAY?

25
WHAT IS SOMETHING THAT
IS MAKING YOU FEEL HOPEFUL?

27
WHAT IS A SKILL THAT YOU HAVE
DEVELOPED IN THE LAST YEAR?

29
DO YOU WET YOUR TOOTHBRUSH BEFORE
OR AFTER YOU PUT TOOTHPASTE ON IT
OR NOT AT ALL?



SOULFUL

2
WHAT MOTIVATES YOU?

9
IF YOU COULD LIVE ANYWHERE
WHERE WOULD IT BE?

16
WHAT IS SOMETHING YOU HOPE TO LEARN
IN THE NEXT 5 YEARS?

23
WHAT'S THE BEST ADVICE YOU
HAVE EVER RECEIVED?

30
TELL A STORY OF A TIME YOU HAD A
BREATH-TAKING MOMENT IN NATURE

STRONG

4
NAME A PERSON IN YOUR LIFE WHO IS
GENEROUS TOWARDS YOU
AND/OR OTHERS PEOPLE

11
HOW HAVE YOU BEEN
A MENTOR FOR SOMEONE?

18
WHO INSPIRES YOU TO
BE PHYSICALLY STRONG?

25
IF YOU WERE TO TELL YOUR
CHILDHOOD SELF ONE THING
WHAT WOULD IT BE?

SILLY

6
WHAT'S YOUR FAVORITE
DRESS-UP DAY THEME?

13
IF THERE WAS A SONG THAT PLAYED
EVERY TIME YOU ENTERED A ROOM,
WHAT WOULD THAT SONG BE?

20
WHAT'S YOUR
FAVORITE CONDIMENT?

27
WOULD YOU RATHER HAVE
FEET FOR YOUR HANDS OR
HANDS FOR YOUR FEET?



SOULFUL

STRONG

SILLY

1
WHAT IS ONE WAY
YOU CAN BE GENEROUS TODAY?

3
IF YOU COULD ONLY WATCH ONE
BAD MOVIE FOR THE REST OF YOUR LIFE,
WHAT WOULD THAT MOVIE BE?

6
WHAT IS SOMETHING YOU
ENJOY DOING THAT LEAVES YOU
FEELING AT PEACE?

8
WHO INSPIRES YOU TO BE
MENTALLY STRONG?

10
IF YOU WERE A SUPERHERO WHAT
WOULD YOUR SUPERPOWER BE?

13
WHEN IS THE LAST TIME
YOU FELT HEARD?

15
WHAT DO YOU MISS THE MOST
WHEN YOU'RE NOT WITH FAMILY?

17
IF YOU HAD TO EAT ONE FOOD USING NO
UTENSILS OR HANDS, WHAT FOOD WOULD YOU
CHOOSE TO EAT THIS WAY?

20
WHAT WOULD YOU SING
AT KARAOKE NIGHT?

22
SHARE ON A TIME YOU SAW
A FRIEND DISPLAY STRENGTH

24
DO YOU TYPICALLY WALK AROUND
OR THROUGH PUDDLES?

27
WHAT WAS THE MOST
MEANINGFUL GIFT
YOU EVER RECEIVED?

29
WHO INSPIRES YOU TO BE
EMOTIONALLY STRONG?



SOULFUL

STRONG

SILLY

4

SHARE A SONG THAT MOVES YOU
(BODY AND/OR SOUL)

6

WHAT'S YOUR FAVORITE WAY TO
SHOW KINDNESS TO OTHERS?

1

IS ICED COFFEE A SUMMER-ONLY
OR YEAR-ROUND DRINK?

11

HOW WOULD YOUR FRIENDS
DESCRIBE YOU?

13

WHAT IS AN ACTIVITY THAT
MAKES YOU FEEL STRONG?

15

IF YOU HAD TO WEAR ONLY ONE COLOR
FOR THE REST OF YOUR LIFE
WHAT COLOR WOULD YOU CHOOSE?

18

WHAT'S YOUR FAVORITE
HOUSEHOLD CHORE/TASK?

20

IF YOU COULD INVITE SOMEONE
TO MENTOR THEM IN A NEW ACTIVITY
WHO WOULD YOU INVITE IN?

22

HOW MANY PILLOWS
DO YOU SLEEP WITH?

25

WHO WOULD YOU MOST LIKE TO BE
STRANDED WITH ON A DESERT ISLAND?

27

WHO IS THE MOST
GENEROUS PERSON IN YOUR LIFE?

29

DO YOU FOLD OR
BUNCH TOILET PAPER?



SOULFUL

1 WHAT'S A HANDS-DOWN
DAY BRIGHTENER FOR YOU?

8 WHAT IS SOMETHING
YOU ARE PROUD OF?

15 DO YOU BELIEVE IN SOULMATES?
IF SO, WHO WOULD BE
A SOULMATE FOR YOU?

22 WHEN IS THE LAST TIME YOU
BELLY LAUGHED
(OR LAUGHED TILL YOU CRIED)?

29 WHAT'S THE BEST LIVE MUSIC
YOU'VE EVER SEEN?

STRONG

3 WHAT IS SOMETHING THAT HELPS YOU
TO BE MENTALLY STRONG?

10 WHO IS SOMEONE WHO INSPIRES YOU?

17 WHO IS THE BEST COOK IN YOUR FAMILY
AND WHAT IS YOUR FAVORITE
THING THAT THEY MAKE?

24 WHAT ARE SOME QUALITIES
IN A MENTOR THAT YOU WANT
TO GROW IN YOURSELF?

31 TELL ABOUT A TIME YOU FELT
CONNECTED TO A PLACE OR PERSON

SILLY

5 YOU HAVE TO ADOPT A SIGNATURE COLOR
(ALL CLOTHING, YOUR HOUSE, EVERYTHING).
WHAT COLOR WILL YOU CHOOSE?

12 DO YOU LEAVE THE TOILET LID
OPEN OR CLOSE IT?

19 IF YOU HAD A THEME SONG PLAY
EVERY TIME YOU WALKED INTO A ROOM,
WHAT WOULD IT BE?

26 IF YOU COULD VISIT ONE PLANET
IN THE UNIVERSE, WHICH ONE
WOULD IT BE AND WHY?



SOULFUL

STRONG

SILLY



2 DO YOU EAT MAC AND CHEESE WITH A SPOON OR A FORK?

5 WHAT IS A PIECE OF ART THAT YOU ENJOY OR FIND MOVING?

7 WHAT IS AN EXAMPLE OF A TIME FAMILY SUPPORT WAS REALLY STRONG FOR YOU?

9 WOULD YOU RATHER HAVE A FREE YEAR-LONG VACATION TO EUROPE OR A FREE 30 MINUTES ON THE MOON?

12 WHAT IS SOMETHING “SQUISHY” OR HARD YOU’RE DEALING WITH RIGHT NOW?

14 IN WHAT WAYS DO YOU EXPERIENCE SPIRITUALITY IN YOUR OWN LIFE?

16 WHEN DID YOU LAST LAUGH SO HARD?

19 WHAT IS SOMETHING YOU WOULD TELL YOUR YOUNGER SELF?

21 HOW CAN YOU KEEP YOUR BODY HEALTHY?

23 WHICH TV SHOW/BOOK/MOVIE WOULD YOU MOST LIKE TO LIVE IN?

26 WHO IS SOMEONE THAT MAKES YOU FEEL LIKE YOU BELONG?

28 WHO DO YOU THINK IS THE MOST GENEROUS PERSON YOU KNOW AND WHY?

30 WHAT WAS THE LAST ANIMAL ENCOUNTER YOU HAD? OR, TELL ABOUT AN ENCOUNTER YOU HAD IN THE PAST.



SOULFUL

3 WHAT IS SOMETHING
YOU FEEL PASSIONATE ABOUT?

10 WHEN WAS THE
LAST TIME YOU DID SOMETHING
FOR THE FIRST TIME?

17 WHERE IS YOUR
FAVORITE PLACE TO GO
FOR A WALK OR RELAX?

24 WHAT'S SOMETHING
YOU ARE GOOD AT?

31 WRITE YOURSELF A PERMISSION SLIP.
WHAT ARE YOU GIVING YOURSELF
PERMISSION TO DO?

STRONG

5 WHEN YOU FEEL OVERWHELMED,
WHO HELPS YOU FEEL CALM?

12 WHO IS A POSITIVE FRIEND FOR YOU
AND WHAT DO YOU
APPRECIATE ABOUT THEM?

19 HOW DID YOUR TRUSTED ADULT
WORK TO GAIN YOUR TRUST? HOW CAN
AN ADULT WORK TO BECOME TRUSTED?

26 WHAT IS ONE WAY YOU CAN
SHOW GENEROSITY TODAY?

SILLY

7 WHAT DISH MAKES
A FAMILY DINNER COMPLETE?

14 WOULD YOU RATHER
FIND HIDDEN TREASURE
OR A LIVE DINOSAUR?

21 WOULD YOU RATHER BE
AN ENLIGHTENED COW OR A REGULAR
PERSON WHOSE DAYS ARE GENERALLY FINE?

28 WOULD YOU RATHER
HAVE FINGERS FOR TOES
OR TOES FOR FINGERS?



SOULFUL



7 WHAT ACTIVITIES
HELP YOU FEEL JOY?

14 WHAT STRENGTH DID YOU USE LAST WEEK?
HOW DID IT HELP?

21 WHEN IS A TIME YOU
CONNECTED SOMEONE ELSE TO HELP?

28 SHARE A POEM
THAT MEANS A LOT TO YOU.

STRONG

2 SHARE ABOUT A TIME YOU WERE
A POSITIVE FRIEND OR WHEN SOMEONE WAS
A POSITIVE FRIEND FOR YOU.

9 WHAT IS A HEALTHY ACTIVITY
YOU MIGHT LIKE TO TRY?

16 WHERE ARE
SPIRITUAL PLACES FOR YOU?

23 WHEN YOU ARE ANGRY,
WHAT IS AN ACTIVITY YOU CAN DO
TO COOL DOWN AND TO COPE?

30 SHARE ABOUT A TIME THAT
PHYSICAL HEALTH WAS A STRENGTH FOR
YOU OR YOUR FAMILY OR FRIENDS.

SILLY

4 WOULD YOU RATHER LEAVE A TRAIL OF
CHEETO DUST EVERYWHERE OR HAVE EVERYTHING
YOU EAT TASTE LIKE BLACK LICORICE?

11 WHAT'S A NEW WORD
WE COULD USE FOR BELLY BUTTONS?

18 DO YOU HAVE ANY NICKNAMES?
WHAT/WHO GAVE THEM TO YOU?

25 WOULD YOU RATHER BE
A KANGAROO OR A HORSE?



SOULFUL

STRONG

SILLY

2
WOULD YOU RATHER FART GLITTER OR
BREAK INTO 8 COUNTS OF BEYONCE
CHOREOGRAPHY EVERY TIME YOU SNEEZE?

5
IT TAKES 21 DAYS TO CREATE A HABIT.
WHAT HABIT WOULD YOU LIKE TO CREATE?

7
WHEN YOU FEEL SADNESS,
WHO ARE THE PEOPLE YOU WANT TO
CONNECT WITH?

9
DO YOU THINK THERE ARE MORE
BLUE CARS OR RED CARS IN THE WORLD?
WHY?

12
WHAT'S YOUR
FAVORITE MEAL?

14
WHO IS A MENTOR FOR YOU
AND WHAT DO YOU APPRECIATE
ABOUT THEM?

16
IF YOU WERE ROYALTY,
WHAT WOULD BE YOUR FIRST DECREE
AS RULER?

19
WRITE A SHORT THANK-YOU NOTE
TO SOMEONE YOU ARE GRATEFUL TO
HAVE IN YOUR LIFE.

21
WHAT MAKES
A PERSON "FAMILY"?

23
WHAT WOULD YOU PUT IN
A TIME CAPSULE FOR
FUTURE GENERATIONS/ALIENS TO FIND?

26
WHEN IS A TIME YOU FELT
THAT YOU BELONGED?

28
SHARE A STORY OF HOW YOU USED
HEALTHY ACTIVITIES TO COPE WITH
A DIFFICULT SITUATION.

30
WHO IS A FICTIONAL CHARACTER YOU'D LIKE
TO BE BEST FRIENDS WITH?

