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](http://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.