**REFLECTION QUESTIONS**

1. Describe 3 positive personality traits you have. How have they helped you in your life?
2. Describe 2 personality traits you have that you feel you need to work on. Why do you think so?
3. What 3-4 personality traits do you look for in a friend? Explain why you chose those traits. (We answered this question after reading “My Secret Bully” by Trudy Ludwig).
4. What makes for a good apology? (We answered this question after reading “Sorry!” by Trudy Ludwig).
5. If you could invite your three favourite authors to dinner (or actors, athletes, politicians, singers, bands, superheroes, etc), who would they be? Write three questions that you’d ask them.
6. Write 5-10 things that you’re grateful for in your life. Pick 1-2 to describe in detail.
7. What makes an amazing teacher? If all teachers could have three personality traits, which would you choose? Why?
8. Describe a time in your life that you had to persevere at something to accomplish a goal. We you able to accomplish what you wanted? Why or why not?
9. Describe one of the proudest moments you’ve ever experienced in your life. What are you proud of at this moment?
10. When we take risks trying something new, we often gain new knowledge and experience which brings about new learning. Describe a time you took a risk and learned something new.
11. When making decisions, we are sometimes influenced by parents, friends, teachers, etc. It is important to become a good decision maker to lead a healthy life. What are some questions you can ask yourself before making a decision?
12. Fear is the one thing that can stop you from accomplishing all the great things you are meant to experience. What are you fearful of? What do you worry about? Do you believe you can conquer your fears with support and guidance?
13. When we get angry, the emotion can influence us to make impulsive and inappropriate decisions. When you’re upset or angry, what can you do or say to help the feeling go away so you can feel peaceful inside?
14. Laughing, enjoying life, and having positive thoughts are just as important as eating well and exercising to maintain good health. What are some things you do to keep our body healthy? What do you do to keep your mind healthy?
15. Doing kind or generous things for others not only helps them, but will also help you! Describe a situation when you did something kind for someone (or an animal). How did it make you feel? Think of something generous you can do today. Plan it out and try to accomplish it by the end of the day. Write about it in tomorrow’s journal.