

# Conversation Prompts: Moments That Mattered

## Instruction page



### Activity Type

Age: 5-18+

Participation Style:  
1-1 activity  
Group check in activity

Theme:  
Reflexive, mindful

Challenge Level  
**EASY**

Resource Format:  
Conversation cues  
PDF conversion tool



### General Activity Info

This activity uses reflective prompts to help participants build emotional awareness, boost gratitude, and improve interpersonal communication. Each prompt encourages discussion around moments of joy, kindness, resilience, or connection from the past day or week. It works well in individual sessions, small group settings, or as part of a wider emotional literacy programme.

Participants reflect on positive experiences and share them in a safe, supportive space. This activity fosters empathy, self-esteem, and a habit of noticing the good in everyday life.



### Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet making it reusable.



### Step by Step Instructions

#### 1. Introduce the Activity

Explain that you'll be sharing some questions to help reflect on positive or meaningful moments from the past day or week.

#### 2. Choose a Question

Either give the participant(s) a question to answer or let them pick one from a list.

#### 3. Share Your Answer

Each person takes turns answering the question honestly. Encourage openness but remind them they only share what they feel comfortable with.

#### 4. Discuss (Optional)

Ask a few simple follow-up questions to explore their answer more, such as "How did that make you feel?" or "Why was that important to you?"

#### 5. Repeat

Repeat steps 2-4 with a few more questions or until time runs out or everyone has had a chance to share.

#### 6. Reflect and Close

Ask the participant(s) how they felt during the activity and if they noticed any positive thoughts or feelings.

**How has another person shown that they care about you, within the past week?**

the  
therapeutic  
resource  
platform

**Share the story of something exciting that happened this past week.**

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resource  
platform

**Describe something fun you did today.**

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resource  
platform

**What was something nice you said in the past week?**

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resource  
platform

**Describe something that made you laugh in the past week.**

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therapeutic  
resource  
platform

**Describe something you were thankful for today**

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resource  
platform

**Describe a challenge you overcame in the past week.**

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**Describe something that made you happy today.**

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resource  
platform

**Describe something  
kind you saw another  
person do in the  
past week.**

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**Describe something  
that made this past  
week special.**

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platform

**Describe something  
you did today that you  
can be proud of.**

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**Share the story of  
something interesting  
that happened today.**

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**Describe the best part  
of your day.**

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platform

**Describe how you  
made someone else's  
day better.**

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therapeutic  
resource  
platform

**How have you shown  
someone that you care  
about them, within the  
past week?**

the  
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resource  
platform

**Explain how someone  
has helped you in the  
past week.**

the  
therapeutic  
resource  
platform