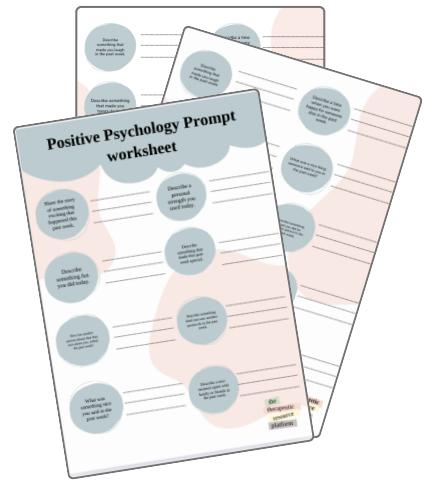


Wellbeing: Positive Psychology Prompt Worksheet & Conversation Tool

Instruction page



1

Activity Type

Age: 10-18+

Participation Style

Solo activity
1-1 activity

Theme

Wellbeing
Reflective worksheet

2

General Activity Info

Positive psychology conversation worksheet is a tool designed to inspire meaningful dialogue and self-reflection. They encourage individuals to explore strengths, cultivate gratitude, build resilience, and foster positive emotions. Rooted in the principles of positive psychology, these prompts help focus on flourishing and well-being by emphasising strengths, purpose, engagement, and healthy relationships rather than solely addressing challenges.

3

Materials Needed

- A printed copy of the worksheet resource.

4

Step by Step Instructions

1. Prepare all materials in advance. Print the resources.
2. Engage the participant in a short general conversation about how the past week has been.
3. Introduce the concept of positive psychology and discuss the benefits of positive affirmations to oneself.
4. Invite participants to complete the worksheet and reflect on their answers.
5. Encourage positivity by helping them recognise and celebrate their small victories.

Positive Psychology Prompt Worksheet & Conversation Tool

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

Describe a personal strength you used today.

Describe something fun you did today.

Describe something that made this past week special.

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

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

What was something nice you said in the past week?

Describe a nice moment spent with family or friends in the past week.

Describe something that made you laugh in the past week.

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Describe a time when you were happy for someone else in the past week.

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Describe something that made you happy today.

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What was a nice thing someone said to you in the past week?

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Describe a challenge you overcame in the past week.

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Describe something good you did for another person in the past week.

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Describe something you were thankful for today.

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Describe something beautiful or interesting you saw in the past week.

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Describe something good that happened to you today.

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Describe a moment when you felt calm, content, or relaxed today.

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Share the story of something interesting that happened today

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

Describe how you made someone else's day better.

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

Describe the best part of your day.

Explain how someone has helped you in the past week.

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

Describe the best part of your day.

Explain how someone has helped you in the past week.

Describe how you made someone else's day better.