

50

# SEL Prompts for Middle & High School Students



**1**

**When your homework gets  
hard for you, what do you do?**

**2**

**What five words  
describe you best?**

**3**

**What is the most challenging  
part of school for you?**

**4**

**What is the most  
fun part of school for you?**

**5**

**Let's pretend you become famous.  
What do you think you'd  
be known for?**

**6**

**What is the best school  
assignment you've ever had?**

**7**

**Think about a teacher you really like.  
What is one thing they said or did  
that made a difference for you?**



**8**

**What is the place where  
you feel most yourself?**

9

**If you could travel back in time  
three years, what advice would  
you give yourself?**

**10**

**If you could make one rule that everyone in the world had to follow, what would it be? Why?**

**11**

**If you had a superpower,  
what would it be?**

**12**

**Where is your favorite  
place to study?**

**13**

**What's your secret to getting  
ready for a quiz or test?**

**14**

**If you get a disappointing grade,  
what do you do?**

**15**

**What does a typical  
weekday morning look like for you?**



**16**

**How do you wind down  
at the end of the day?**

**17**

**How well do you sleep?**

**18**

**What do you see yourself  
doing one month after high school?  
One year after high school?**

**19**

**What is one job that  
really interests you?**

**20**

**Is there an app you hate  
but still use anyway?**

**21**

**Do you think of yourself  
as cautious or as a risk-taker?**

**22**

**Share a time when you felt creative.**

**23**

**Tell me the story of your name.  
Where did it come from?**



**24**

**Share one person  
who has inspired you.**

**25**

**What motivates you?**

**26**

**What is one quality that  
bothers you about yourself?**

**27**

**What is one thing you  
like about yourself?**

**28**

**What's your favorite quality  
to have in a friend?**

**29**

**What is one thing that scares you?**

**30**

**If you could trade places with anyone for a day, who would it be and why?**

**31**

**What is your biggest pet peeve?**



**32**

**Who's your biggest fan?**

**33**

**When do you feel most  
comfortable raising your hand?**

**34**

**If you didn't finish your homework,  
what's most likely the reason?**

**35**

**What's your favorite thing  
to do with your family?**

**36**

**Talk about a funny or scary  
adventure you had with a friend.**

**37**

**Which do you like better: having specific plans or going with the flow?**

**38**

**What is one issue that's  
really important to you?**

**39**

**What's the last great  
video you watched?**



**40**

**If you could live anywhere,  
where would it be?**

**41**

**What is one thing you know how to do that you could teach to others?**

**42**

**What five things would  
you take to a deserted island?**

**43**

**At what age should a person  
be considered an adult?**

**44**

**What is something about yourself  
you could totally brag about  
but usually don't?**

**45**

**You can either leave your hometown forever or never leave your hometown. Which do you choose?**

**46**

**What is an unwritten rule about school that everyone knows?**

**47**

**What's the best  
decision you ever made?**



**48**

**Your friends aren't getting along;  
how do you try to help them?**

**49**

**What advice would you give  
someone about school?**

**50**

**Tell me something you  
want me to know about you.**