



REFLECTION QUESTIONS & LANGUAGE

EF Skill Practice:
Self-Awareness &
Self-Monitoring

DAILY HABITS FOR KIDS (AGES 6-12)



Morning Check-In Questions:

- "What's one thing your brain needs to do well today?"
- "How's your body feeling right now? (Tired? Wiggly? Calm?)"
- "What might be tricky today, and what could help?"

Mid-Moment Noticing Prompts:

- "What's happening in your body right now?"
- "Is your brain in the green zone, yellow zone, or red zone?"
- "What do you need right now to feel okay?"

End-of-Day Reflection Questions:

- "When did you notice yourself feeling calm today?"
- "When did you feel frustrated? What helped you handle it?"
- "What's one thing you're proud of from today?"



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DAILY HABITS FOR TEENS (13-17)



Morning Check-In Questions:

- "What's your energy level right now? (1-10)"
- "What's taking up space in your mind this morning?"
- "What's one thing you need to feel more in control today?"

Mid-Moment Noticing Prompts:

- "Am I reacting, or am I responding?"
- "What am I feeling under the anger/frustration/stress?"
- "What would help me reset right now?"

End-of-Day Reflection Questions:

- "When did I feel most like myself today?"
- "When did I feel most out of control? What triggered it?"
- "What's one thing I handled differently than I used to?"



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DAILY HABITS For ADULTS (Parents, Educators, Professionals)



Morning Check-In Questions:

- "What am I carrying into today that isn't mine to carry?"
- "What do I need to show up the way I want to today?"
- "Where might I need to pause today before reacting?"

Mid-Moment Noticing Prompts:

- "What am I feeling right now, and what's underneath that?"
- "Am I operating from fear, frustration, or clarity?"
- "What would my best self do in this moment?"

End-of-Day Reflection Questions:

- "When did I pause today instead of reacting?"
- "What moment do I wish I could redo? What can I learn from it?"
- "What did I do well today that I want to remember?"