

Look-Back

What feeling showed up most
today? Where did you notice it in
your body?

Brain note: naming a feeling calms the alarm
part of the brain.

Look-Back

What made you smile today, and
what made you sigh?

Brain note: putting feelings into words helps
the brain sort them.

Look-Back

If today had a color, what color
would it be? Why that one?

Brain note: colour and pictures help the brain
hold a memory.

Look-Back

What is one feeling you found hard
to show today?

Brain note: hidden feelings still use energy
inside the body.

Look-Back

What is one thing you did well
today, even if nobody noticed?

Brain note: noticing your wins teaches the
brain that effort works.

Look-Back

What went better today than it did
last week?

Brain note: comparing with your past self
keeps motivation steady.

Look-Back

Who would you like to tell about a
win from today? Why them?

Brain note: sharing good news makes the
happy feeling last longer.

Look-Back

What small step did you take
today toward something big?

Brain note: the brain learns best in small,
repeated pieces.

Look-Back

What is one mistake you made today? What did it teach you?

Brain note: the brain grows most right after a mistake.

Look-Back

What would you say to a friend
who made the same mistake?

Brain note: kind self-talk lowers stress and
keeps thinking clear.

Look-Back

What is one thing you did today
that was hard? What helped?

Brain note: recalling what helped makes it
easier to use again.

Look-Back

Was there a moment you wanted
to give up? What happened next?

Brain note: sticking with hard things builds
the brain's focus.

Look-Back

Who did you feel closest to today?

What made it feel that way?

Brain note: warm connection lowers stress
signals in the body.

Look-Back

Was there a moment a friend
needed you? What did you do?

Brain note: watching a face helps the brain
sense what others feel.

Look-Back

What is something you would like a
friend to know about you?

Brain note: feeling known helps the brain
relax in a group.

Look-Back

Did anything feel unfair today?

What might the other person have
felt?

Brain note: seeing another view strengthens
perspective-taking.

Look-Back

What worried you today? Did the
worry come true?

Brain note: checking a worry against facts
calms a false alarm.

Look-Back

What is one thing you did even
though you felt nervous?

Brain note: acting while nervous teaches the
brain that fear passes.

Look-Back

Where do you feel worry in your
body? What helps it soften?

Brain note: slow breathing tells the body the
danger has passed.

Look-Back

What are three small things you
are glad about right now?

Brain note: listing good things trains the brain
to notice more.

Look-Back

Who made your day easier today?

How did they do it?

Brain note: thinking of thanks warms the
brain's reward areas.

Look-Back

What is something you almost
missed today, but are glad you
noticed?

Brain note: gratitude works best when it is
specific.

Look-Back

What can you do now that you
could not do last year?

Brain note: practice slowly changes the
wiring of the brain.

Look-Back

What is one skill you want to keep practising? What is your next step?

Brain note: a clear next step gives the brain something to act on.

Look-Back

What felt easy today that used to
feel hard?

Brain note: with practice, a skill becomes
almost automatic.

Look-Back

What is a hard thing you are still in
the middle of learning?

Brain note: learning has a messy middle while
the brain rewires.

Look-Back

What are three words that
describe you today?

Brain note: the story you tell yourself shapes
what you try next.

Look-Back

What do you care about most?

How did that show up today?

Brain note: acting on your values steadies the
brain under stress.

Look-Back

What is something about you that
is different from your friends?

Brain note: knowing yourself makes it easier
to stand steady.

Look-Back

What would you like to be known
for?

Brain note: picturing a future self guides
today's choices.

Look-Back

How tired are you right now? What
is your body asking for?

Brain note: the brain reads the body before it
reads the day.

Look-Back

When did your body feel calm
today? What was happening then?

Brain note: a calm body helps the brain think
clearly.

Look-Back

Did you feel hungry, thirsty or restless today? What did you do?

Brain note: hunger and thirst can feel like grumpiness.

Look-Back

What was the biggest choice you made today? How did you decide?

Brain note: naming your reasons lets the thinking brain lead.

Look-Back

Was there a choice you made too
fast? What could you do next
time?

Brain note: a short pause lets the brain check
a fast decision.

Look-Back

What is a choice you are proud of
today?

Brain note: pride from a good choice makes it
easier to repeat.

Look-Back

What choice is waiting for you
tomorrow? What are your options?

Brain note: planning ahead lowers pressure in
the moment.

Look-Back

What kind thing did you do for
someone today?

Brain note: kind acts give the brain a small lift
of good feeling.

Look-Back

Who was kind to you today? How
did you feel afterwards?

Brain note: receiving kindness lowers stress in
the body.

Look-Back

Was there a chance to be kind that
you missed? What would you try?

Brain note: replaying a moment lets the brain
rehearse a better one.

Look-Back

How do you like people to show
you they care?

Brain note: knowing what helps you makes it
easier to ask.

Look-Back

What is one new thing you learned today? Who could you teach it to?

Brain note: teaching something to someone else locks it in.

Look-Back

What question are you still
wondering about?

Brain note: an open question keeps the brain
searching.

Look-Back

If you could replay one minute of
today, what would you change?

Brain note: imagining a redo helps the brain
plan for next time.

Look-Back

Also try: Strength-Spotting Guides,
Weekly Challenges, and
Conversation Cards.

Brain note: Find every set at
NextGenLearners.com.