

## Positive Prompt Cards

<p>Share a story of something exciting that happened this week.</p>	<p>Describe something fun you did today.</p>
<p>How has someone shown they care about you this week?</p>	<p>What was something nice you said this week?</p>
<p>Describe something that make you laugh this week.</p>	<p>Describe something you are thankful for today.</p>
<p>Describe a challenge you overcame this week.</p>	<p>Describe something that made you happy today.</p>
<p>Describe something good that happened to you today.</p>	<p>Describe a personal strength you used this week.</p>

## Positive Prompt Cards

<p>Describe something good you did for someone this week.</p>	<p>What was something nice you said to someone this week?</p>
<p>Describe a time when you were happy for someone else this week.</p>	<p>Describe something interesting you heard this week?</p>
<p>What was something beautiful you saw this week?</p>	<p>Describe a time you felt calm or relaxed this week?</p>
<p>Describe a time you enjoyed with others this week.</p>	<p>Describe something kind you saw someone do this week.</p>
<p>What is the best part of your day?</p>	<p>Explain how someone has helped you this week.</p>