

DAILY MILE AT HOME QUESTION IDEAS



What do you want to be when you grow up?

If you could tell your future self anything, what would it be?

What qualities do you want in a friend? Why?

What can you say or do to help someone feel better?

What is something you are good at?

What do you think the world will look like in 300 years?

What are some ways someone could be a good friend to other people?

How does being kind to someone make you feel?

What is something new you want to learn how to do this year?

What three words do you think others use to describe you? What three words do you want others to use?

Discuss a time when someone was kind to you.

What is the best quality to have in a friend?

What is the first thing you do when you get home from school?

What do you like most about the Earth?

When are you happiest?
Who are you with?
Where are you going?
What are you doing?

Who is the kindest person you know? Why?

If you were a superhero, who would you help and why?

How old do you wish you could be? Why?

What is your favorite thing about yourself? Why?

Do you think it's more important to be kind or smart?

What are a few of your favorite things (sports, movies, books, toys, hobbies, color, etc.)

When do you do your best thinking? Why?

What is the kindest gift you ever received?

Pick any question or come up with your own!