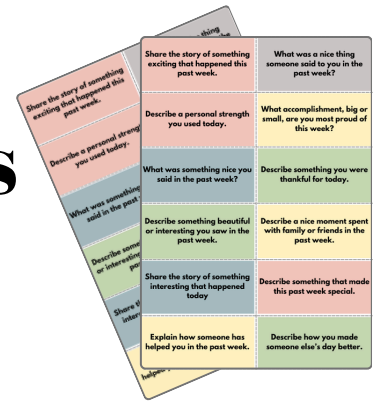


Wellbeing: Positive Psychology Prompt Cards

Instruction page



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Activity Type

Age: 10-18+

Participation Style

Group therapy
1-1 activity

Theme

Wellbeing
Conversation tool

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General Activity Info

Positive psychology conversation prompt cards are tools designed to inspire meaningful dialogue and self-reflection. They encourage individuals to explore strengths, cultivate gratitude, build resilience, and foster positive emotions. Rooted in the principles of positive psychology, these prompts help focus on flourishing and well-being by emphasising strengths, purpose, engagement, and healthy relationships rather than solely addressing challenges.

3

Materials Needed

- A printed copy of the activity resource.
- A safe space to work.

Top Tip: Cut and laminate the cards for further use.

4

Step by Step Instructions

1. Prepare all materials in advance. Print and laminate the resources to make them reusable.
2. Engage the participant in a short general conversation about how the past week has been.
3. Introduce the concept of positive psychology and discuss the benefits of positive affirmations to oneself.
4. Invite participants to select a card at random and respond to the prompt.
5. Encourage positivity by helping them recognise and celebrate their small victories.

Share the story of something exciting that happened this past week.

What was a nice thing someone said to you in the past week?

Describe a personal strength you used today.

What accomplishment, big or small, are you most proud of this week?

What was something nice you said in the past week?

Describe something you were thankful for today.

Describe something beautiful or interesting you saw in the past week.

Describe a nice moment spent with family or friends in the past week.

Share the story of something interesting that happened today.

Describe something that made this past week special.

Explain how someone has helped you in the past week.

Describe how you made someone else's day better.

Describe something that made you laugh in the past week.

How has another person shown that they care about you, within the past week?

Describe something fun you did today.

Describe a challenge you overcame in the past week.

Describe something that brought you joy this week.

Describe something good that happened to you today.

Describe a time when you were happy for someone else in the past week.

Describe a moment when you felt calm, content, or relaxed today.

Describe something kind you saw another person do in the past week.

Describe something you did today that you can be proud of.

Describe the best part of your day.

How have you shown someone that you care about them, within the past week?