

## Emotion Check 🧠

- How are you feeling right now, on a scale of 1 to 5?
- What's one word to describe how you're feeling today?
- Is your emotional battery feeling more charged or drained today?
- What's one good thing that has happened since we last spoke?

## Mindset & Focus 🎯

- Is there anything on your mind today that might make it hard to focus?
- What's one thing you are looking forward to today?
- How are you feeling about this lesson/project? (Use a low-stakes activity to start)
- What is one thing you can do to make sure you stay on track?

## Help & Support 🤝

- Is there anything I can help you with today?
- What's one thing that could make today a little better?
- What do you need right now to feel ready to learn?
- What is one thing that has been challenging for you this week?

## Positive Reflection ✨

- What is one thing you are proud of from this week?
- What is one thing you learned yesterday that you want to keep thinking about?
- What is one thing you are excited to do this weekend?
- Tell me one good thing about your day so far.