What was your pit (low point) and peach (high point) today?

If you could eat only one food for a month, what would you choose?

Who (one person) was the most helpful to you today?

Who (one person) did you help today? How did you help?

Name something that makes you mad and something that makes you grateful.

What food would you like to try if you were feeling extra brave about trying something new?

If you could choose, what would you have for your birthday dessert?

What is your super power? What do you do really well?

Think about your day. If today were a color, what color would it be? Why?
What hobby would you like to start or pick up again?

Did you appreciate someone today? How did you show or tell that person you appreciated him/her?

If you could play a professional sport, which one would you play and why?

What is your favorite fruit? How do you like it prepared?

How tall would you like to be? Why did you choose that height?

If you could talk to someone (living or no longer alive) for one hour, who would that be?

If you wrote a book, who would you write it about?

What three words describe you today?

What is your favorite fruit? How do you like it prepared?

If you could talk to someone (living or no longer alive) for one hour, who would that be?

Which instrument is most like you right now, or what instrument do you enjoy listening to the most?
Where is your favorite place to eat?

If you could choose someone to read a story to you, who would you choose?

Where is your favorite place to fall asleep?

If you could choose anyone to make a meal for you, who would you choose?

Where would you like to take a family picture?

Pick one to three words to describe your family.

What is one of your favorite family traditions?

Try to recall the full name of each of your grandparents.

What is your favorite vegetable? How do you like it prepared?

Did you see or do a random act of kindness today? Are you planning to do something positive for someone else tomorrow?
<table>
<thead>
<tr>
<th>Topic</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best time of day</td>
<td>Talk about your best time of day. Why do you think that is true for you?</td>
</tr>
<tr>
<td>Robot chore</td>
<td>If you could go to bed and get up when you wanted, what times would those be?</td>
</tr>
<tr>
<td>Pet name</td>
<td>If you could have a robot to do one of your chores, what chore would you like to give up?</td>
</tr>
<tr>
<td>Something read</td>
<td>What is one goal you have for tomorrow?</td>
</tr>
<tr>
<td>Favorite season</td>
<td>Name your favorite type of pet. What would you name a pet if you were choosing the name?</td>
</tr>
<tr>
<td>Chore no longer done</td>
<td>Think of one chore that people no longer do. For example: pump water, carry it into the house and heat it to take a bath or wash dishes.</td>
</tr>
<tr>
<td>Favorite pet</td>
<td>Name your favorite season of the year and tell why you like that season the best.</td>
</tr>
<tr>
<td>Good thing about age</td>
<td>What is one good thing about being the age you are today?</td>
</tr>
<tr>
<td>This week</td>
<td>Think about this week at work, school/child care or home. What are you most proud of this week?</td>
</tr>
</tbody>
</table>

NDSU Extension Service
Name one of your heroes. Why is that person a hero to you?

If you could be on a TV program or in a movie, on which one would you like to appear?

What is your favorite celebration? Why?

Pick three to five words to describe yourself.

Describe what a perfect day would be to you.

Thank someone at the table for something specific he/she does for you.

What is a best friend? How many best friends do you have?

Describe what your favorite vacation would look like.

What would you do if you were being bullied by someone?

What is your biggest worry today? How do you make yourself calm when you worry?
What would you do if you saw someone bully another person?

If you won a lot of money, what would you do with it?

With whom do you like to exercise?

What is/was your favorite subject in school?

What is the earliest time you have ever gotten up in the morning?

If you could invite a famous person to dinner tomorrow, who would you invite?

Name your favorite cheese. Do you have a cheese you don’t care to eat?

What is the most unusual ingredient you would add to your favorite sandwich?

What is your favorite insect? Why?

What is your favorite grain product? How do you like it prepared?