For Preschool and Elementary Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?

For Middle School Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?

For High School Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?