

Appendix A



Year 1 Daily Prompts

November/Month One (Year 1—*Better Me*): Making Ourselves, School, and World Better

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	What new places in the world would you like to travel? What do you want to learn by traveling? (Theme: Making Ourselves, School, and World Better)	What is the biggest problem you are facing right now? How can Constructive Creativity—which involves brainstorming as many ways to solve a problem or get something done as possible—help? (Virtue: Constructive Creativity)	Describe a time you learned to think about a problem in a new way (with Constructive Creativity). Did anyone help you think in a new way? (Skill: Social Problem-Solving)	Can you think of a time you were honest even though it was hard? Have you ever told a harmless lie just to spare someone else’s feelings? Just about everyone has. Does that make you dishonest? (Skill: Communication)	Everyone benefits from having a passion in their lives. Think about people you know. What are some of their passions? What are yours? (Theme: Making Ourselves, School, and World Better)
Week 2	When do you feel bored? What are all the ways you have dealt with being bored? What other ideas might work? (Virtue: Constructive Creativity)	Is it helpful to be positive all the time? Why or why not? (Skill: Social Problem-Solving)	If you were to make a playlist with songs that fit your personality and best describe you, what songs would you choose? Why? (Skill: Communication)	What is one good habit you have? How did you develop this habit? (Theme: Making Ourselves, School, and World Better)	What do you worry about? How can you use Constructive Creativity to worry less? What are some different ways to think about what worries you? (Virtue: Constructive Creativity)
Week 3	What makes you mad? How can you get less angry by using Constructive Creativity? (Virtue: Constructive Creativity)	Discuss how to use “pros and cons” for real-life decision-making using hypothetical situations. Ask students to do the same about a decision they are currently making. (Skill: Social Problem-Solving)	If you were given \$1 million, how would you use it to make yourself, school, or world better? (Skill: Social Problem-Solving)	What question(s) do you still have about middle school? What can you do to seek answers to the question(s)? (Skill: Communication)	What is racism to you? What do you think causes racism? How does it affect your life? [This is a tough question, but there are no right/wrong answers!] (Theme: Making Ourselves, School, and World Better)
Week 4	What ideas do you have for an invention? How would your invention improve your life? (Virtue: Constructive Creativity)	If you get into a conflict with a friend, do you usually give in or stand your ground? What other options might you have? (Skill: Social Problem-Solving)	Pick three words that describe you. Discuss the three words with another student in the class and think about your similarities/differences. (Skill: Communication)	If you could only use 10 words to describe what is most important in your life, what would they be? [Consider having all students write their answer to this question and then work in small groups to see if any words on the list were the same] (Skill: Communication)	Who can tell me what violence means? Let’s brainstorm as many kinds of violence we can name as possible. [Stress to students that violence is not only physical but can also be done in nonphysical ways. Consider introducing the term “microaggressions.”] What can you do to prevent violence around you? (Theme: Making Ourselves, School, and World Better)

December/Month Two (Year 1—*Better Me*): Giving Back to Ourselves, School, and World

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Is it easier or harder to understand what someone means when texting? Have you ever had someone misinterpret your words in a text? Do you prefer to text, call, video chat, or speak in person? Why? (Skill: Communication)	Name one thing that someone gave you that matters to you. Why does this item (or action) matter to you? (Virtue: Helpful Generosity)	When you find yourself facing a problem, how do you try to solve it? How do you think things through? How did you learn how to do this? (Skill: Social Problem-Solving)	What is your body language saying right now? How might I know by looking at you if you were actively engaged in the discussion? Once you think about it, is there anything you would want to change? (Skill: Communication)	Think of one thing or object that you really love: maybe your house, your pet, or your phone. What would you do if you were without that thing? How would your life be different? (Theme: Giving Back to Ourselves, School and World)
Week 2	Have you ever written down your feelings in order to communicate them? How was this easier/harder than saying them out loud? (Skill: Communication)	Think of an unexpected act of kindness you have done for someone without expecting anything in return. Was the person thankful? Would you still help others if you were not recognized or thanked for your help? (Virtue: Helpful Generosity)	After solving a problem, how do you know if it was a good choice? What do you do if the choice you made was not a good one? (Skill: Social Problem-Solving)	Oscar Auliq-Ice once said, "If the words you spoke appeared on your skin, would you still be beautiful?" Reflect on that quote. If you knew that this would happen, would you change what you say? How? (Skill: Communication)	What's the most memorable gift you have ever received? What makes it memorable? (Theme: Giving Back to Ourselves, School and World)
Week 3	When listening, we often think of our reply rather than fully hearing a person. How often do you actively listen to someone else? When you don't, why not? (Skill: Communication)	Service could be a simple task like holding a door or offering an open ear for a friend. Think of a time that you were serving others this week. How did they react? Try to notice this more during the rest of this week. (Virtue: Helpful Generosity)	Tell the class about a time that having a plan helped you to achieve a goal. Why was the plan helpful? (Skill: Social Problem-Solving)	What does an enemy mean to you? Do they have power over your day-to-day life? Does using force usually convince someone to not be an enemy? Why or why not? (Skill: Social Problem-Solving)	When was the last time you were proud of yourself? In the past week, what did you do that made someone else proud? Were you proud too? (Theme: Giving Back to Ourselves, School and World)
Week 4	Have you ever made a change that improved your life? What did you do and why did it change you? (Theme: Giving Back to Ourselves, School and World)	If someone followed you around the school for 30 days, what are the three words they would use to describe you? What if they followed you around outside of school? Which words would be more true about you? (Virtue: Helpful Generosity)	Has there been a time someone told you, "Because that's how we've always done it"? Is that a good reason to continue doing something? Why or why not? (Skill: Social Problem-Solving)	What is reliability? If we are not reliable, how will this impact our relationships? How reliable do you think you are? (Virtue: Helpful Generosity)	What is empathy? How do you feel when someone else shows empathy toward you? How do you know when someone is showing you empathy? (Theme: Giving Back to Ourselves, School and World)

January/Month Three (Year 1—*Better Me*): Planning for the Future

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	A new student just arrived at your school. What do you think it feels like to be living in a new place with all new people? Has this happened to you? (Skill: Empathy)	What is one action you can take in middle school now that will help prepare you for your dream job of the future? (Theme: Planning for the Future)	What is it like to work in a group where others do not communicate effectively to solve a problem? (Skill: Social Problem-Solving)	How can you non verbally demonstrate that you are actively listening to your peers? (Skill: Empathy)	Not every moment in our lives is going to go well, but when bad things happen, we have to try to learn from those situations. Think about a bad moment in your life, and challenge your thinking around how this event helped you. (Virtue: Optimistic Future-Mindedness)
Week 2	Why does it usually feel good to share our feelings with others? (Skill: Empathy)	Pessimism has been related to stress, anxiety, and depression. What could you do today to help combat your negative thoughts and turn them into positive thoughts? (Virtue: Optimistic Future-Mindedness)	If we disagree with someone’s perspective, what would be the best thing to do? Have you ever had trouble doing this? (Skill: Social Problem-Solving)	Why might people not listen to new ideas? What helps you be more likely to listen to new or different ideas? (Skill: Empathy)	Is it helpful to think about our past when paving the way for our future? Why or why not? (Theme: Planning for the Future)
Week 3	Who do you admire most? What are some qualities that you admire about this person? (Theme: Planning for the Future)	Small miracles happen every day. What could you do to raise your awareness of these miracles? (Virtue: Optimistic Future-Mindedness)	What does charity mean to you? Do you need to give money, food, or clothing in order to help others? How else can you do it? (Skill: Social Problem-Solving)	What effects can stress have on the body? Why is it important to monitor your stress level? (Virtue: Optimistic Future-Mindedness)	What are you most passionate about? How can you do more of what you love doing? (Theme: Planning for the Future)
Week 4	There are many different ways that help to keep us organized (calendar, planner, etc.). How do you stay organized? (Theme: Planning for the Future)	What is something about your future that you are optimistic about? Why? (Virtue: Optimistic Future-Mindedness)	The person next to you in class keeps trying to look at your paper during a test. What do you do? (Skill: Social Problem-Solving)	What do you like most about being a ___ grader? When do you feel you are at your best in the school? (Virtue: Optimistic Future-Mindedness)	Billy Connolly has said not to judge others unless you are standing in their shoes. Do you agree with that quote? What does it have to do with empathy? (Skill: Empathy)

February/Month Four (Year 1—*Better Me*): Showing Resilience and Overcoming Obstacles

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	In order to make a change, your voice (thoughts, opinions, and feelings) needs to be heard. Where do you feel like your voice is heard? Are there places where you wish your voice were heard more? How can you make it so? (Virtue: Responsible Diligence)	When experiencing a problem, all people involved have feelings. How do you show your feelings when you are in a conflict with someone? (Skill: Social Problem-Solving)	Self-regulation is the ability to monitor or control your behavior. What do you do to self-regulate in difficult situations? Is there ever a time that it is not possible to self-regulate? (Skill: Emotional Regulation)	What is mindfulness? How could it help you regulate the wide range of emotions you feel in a day? (Skill: Emotional Regulation)	A fixed mindset tells us, “My sadness or disappointment will last forever.” A growth mindset would reshape this statement to say, “This will pass as I get back into things.” What fixed or permanent thoughts are in your mind about yourself and your life, and how could you reshape them into growth thoughts? (Theme: Showing Resilience and Overcoming Obstacles)
Week 2	Is there one right way to solve a problem? If you believe there are usually multiple solutions, why? (Skill: Social Problem-Solving)	Can obstacles be an opportunity for growth? Why or why not? How might this relate to the recent political climate? (Theme: Showing Resilience and Overcoming Obstacles)	Before making a decision, it is important to think about the positive or negative consequences that might result. Share a time when you did not think of consequences and what you could have done better. (Skill: Social Problem-Solving)	How are you feeling today? Do you take time to reflect on your emotional state throughout your day? How can mindfulness help with this? (Skill: Emotional Regulation)	Effective work requires carefulness and effort, but everyone’s minds wander. What do you do to keep your mind focused on the work you are completing? (Virtue: Responsible Diligence)
Week 3	Some have said that the best way to deal with a problem is to solve it yourself. Do you agree, disagree, or are you not sure? Why or why not? (Skill: Social Problem-Solving)	Think of one person you admire. Do they trust in themselves to get through hard times? How do you know? (Theme: Showing Resilience and Overcoming Obstacles)	We all forget things sometimes. What do you do to help yourself take responsibility when you have forgotten to do something related to your schoolwork? To your home responsibilities? (Virtue: Responsible Diligence)	Have you ever reacted with your emotions rather than thinking first? What would you need to do to change your reaction? (Skill: Emotional Regulation)	Before making change, it is important to accept the thoughts, emotions, and situations in your life. What might be one way to help yourself accept a difficult situation? (Theme: Showing Resilience and Overcoming Obstacles)
Week 4	How can someone tell if you are excited? Bored? Can your friends tell? Can your teachers tell? Why does it matter? (Skill: Social Problem-Solving)	What does it mean to have integrity? How does this relate to resilience? (Theme: Showing Resilience and Overcoming Obstacles)	What does it mean to take ownership? Name one situation where you took ownership over a situation. How did you feel about doing this? How have you felt when you did not take ownership? (Virtue: Responsible Diligence)	When can it be important to regulate strong positive feelings, like excitement and happiness? Why? (Skill: Emotional Regulation)	What is your definition of resilience? Who is a friend or relative that you think is resilient? Why? (Theme: Showing Resilience and Overcoming Obstacles)

March/Month Five (Year 1—*Better Me*): Appreciating Ourselves, Our School, and the World

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	In order to communicate effectively, it is important to listen. While listening, what are some ways that you can ensure that you are understanding? (Skill: Communication)	What is your cultural background? Share one reason you like being part of that culture, or a specific tradition that you appreciate. (Theme: Appreciating Ourselves, Our School, and the World)	Empathy is often defined as including (a) the capacity to share in another’s feelings and (b) the ability to understand another’s feelings and perspective. Considering empathy in your own life, what is an example when you felt or showed empathy? Why is empathy important in your life? (Skill: Empathy)	One way to practice gratitude is to write a letter or thank-you card to someone you appreciate. Can you share a time when you have done this recently? Name another way that you can practice/have practiced gratitude. (Theme: Appreciating Ourselves, Our School, and the World)	Being grateful often motivates individuals to give back to others. What is one way that you give back to your family, school, or community? (Virtue: Compassionate Gratitude)
Week 2	Do you think there is a difference between a man and a woman’s ability to be empathic? Why or why not? (Skill: Empathy)	It is often said that we are our own biggest critics. What is one area of your life where you underestimate your potential? If you shifted your mindset toward appreciation for your talents, how might this impact your life? (Theme: Appreciating Ourselves, Our School, and the World)	What if two people were having a conversation and one person continued to change the subject back to what interests them? How would this impact the other person? How can someone keep from shifting the conversation back to themselves? (Skill: Communication)	What would happen if you did not forgive others in a compassionate way? How might this impact your day-to-day life? (Virtue: Compassionate Forgiveness)	At what age did you start feeling empathy? Share your first memory of being empathic toward another person. Who is someone you feel a lot of empathy for now? (Skill: Empathy)
Week 3	It is often said, “Communication is key.” Why do you think this is said? For what is it the key? (Skill: Communication)	We are all unique. How might it hurt you to constantly compare yourself to others? (Theme: Appreciating Ourselves, Our School, and the World)	Think of a time that you showed compassionate gratitude toward someone else. What did you gain from it? How will practicing compassionate gratitude help you in your intended career? (Virtue: Compassionate Gratitude)	Does understanding and using empathy impact your ability to be a successful learner? Why or why not? (Skill: Empathy)	Do you have to try to show compassionate gratitude or does it come naturally? How do you know? (Virtue: Compassionate Gratitude)
Week 4	A person’s facial expression can communicate what they are feeling. What are other ways you can communicate nonverbally? Which of these are you most comfortable using? (Skill: Communication)	We often try to show appreciation to others, but do you show appreciation to yourself? How? How can you do this more often? (Theme: Appreciating Ourselves, Our School, and the World)	Do you think it is common for people to be grateful and compassionate in unpleasant life situations? Could it be a helpful way to cope? Why/why not?(Virtue: Compassionate Gratitude)	Some people believe sympathy is when you understand someone else’s situation, and empathy is when you feel someone else’s feelings in their situation. Do you agree, disagree, or are you not sure? Why? (Skill: Empathy)	What is something about yourself that you think others should appreciate about you? Do you have any friends/family who know this matters to you? (Theme: Appreciating Ourselves, Our School, and the World)

April/Month Six (Year 1—*Better Me*): Connecting With Others and Being a Leader

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>Earlier in the year we spoke about emotional regulation. A key part of regulating emotions is being aware of when we experience them. For each of these emotions, what are some early warning signals that might let you know these emotions are either present, or starting to intensify? How can knowing these warning signals help you with emotion regulation? (a) Sadness, (b) Anger, (c) Worry, (d) Happiness, (e) Fear, (f) Pride (Skill: Emotional Regulation)</p>	<p>If you are more mindful of your strengths, your self-presentation to others will improve. Think of three strengths you have that would make other people want to be your friend or work with you. As you listen to your classmates' answers, what is one of the three they mention that you think is most clearly true about them, and why? (Theme: Connecting With Others and Being a Leader)</p>	<p>Are sympathy and empathy the same thing? Have you heard people use these terms interchangeably? Do you use the terms that way? Why or why not? (Skill: Empathy)</p>	<p>What are you currently doing in your day to day life to help you better develop yourself as a leader? Ask one of your classmates to tell you more about one of the things they are doing. (Theme: Connecting With Others and Being a Leader)</p>	<p>Do you need an apology in order to fully forgive someone? Why or why not? (Virtue: Compassionate Forgiveness)</p>
Week 2	<p>Empathy is sometimes explained as "standing in someone else's shoes." Think of someone from a different culture, race or religion and discuss how your life might differ. [If someone in the class is of the other culture, race, or religion, it might be helpful to have a reflective discussion] (Skill: Empathy)</p>	<p>What is the role of conflict in being a leader? How comfortable are you with conflict? What are different ways of raising conflicting issues and trying to resolve them? (Theme: Connecting With Others and Being a Leader)</p>	<p>Does emotional regulation happen in your own mind or with the support of an outside perspective? Is it possible to be calm outside of your body but not on the inside? (Skill: Emotional Regulation)</p>	<p>Should the government attempt to provide financial compensation to ethnic and racial groups it has discriminated against historically? If so, would this help those ethnic and racial groups with forgiveness?(Virtue: Compassionate Forgiveness)</p>	<p>Scapegoating means blaming an individual or group for the suffering of others. Can you think of how prejudice may contribute to scapegoating? Can you think of an example from your own life? (Skill: Empathy)</p>
Week 3	<p>Do our emotions influence our actions? Why or why not? If we are in touch with our emotional experiences, can we always control our reactions? (Skill: Emotional Regulation)</p>	<p>Does being connected to someone on social media and in person differ? If so, how? [Consider using a Venn diagram to show similarities and differences.] (Theme: Connecting With Others and Being a Leader)</p>	<p>Is it possible to forgive too much? If so, how do you distinguish the line for "too much"? (Virtue: Compassionate Forgiveness)</p>	<p>"We cannot be true human beings without feeling empathy" (author unknown). What does this quote mean? Consider the family and friends you feel most connected to and how the statement might relate to them (Skill: Empathy)</p>	<p>How do you think refusing forgiveness toward someone can impact your health? [Consider researching stress and health outcomes with your class] (Virtue: Compassionate Forgiveness)</p>
Week 4	<p>Is it always good to regulate your emotions? What are some times when it's most important, and what are some times where it might not be helpful? (Skill: Emotional Regulation)</p>	<p>Where in your life in or out of school do you find yourself connecting with people who are different from you? How do you do this? What challenges have you found in doing this? (Theme: Connecting With Others and Being a Leader)</p>	<p>The only way someone can hurt you is if you allow them to have power over you. Is it possible to avoid this imbalance of power in all situations? If not, give an example when it might be hard to avoid power differences. (Virtue: Compassionate Forgiveness)</p>	<p>Can you think of a time when you wish someone had more empathy for you than they showed? Did you tell them how you were feeling? Why or why not? (Skill: Empathy)</p>	<p>How do you handle criticism? Does it create positive or negative thoughts? How should you handle criticism that is constructive versus criticism that is not helpful? (Skill: Emotional Regulation)</p>

May/Month Seven (Year 1—*Better Me*): Looking Forward: Next Steps on the Journey

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	When you have difficulty communicating, what helps you to feel more comfortable? (Skill: Communication)	In order to move forward, it is often necessary to consider your choices. Think of a time where you had a choice to make about joining (or leaving) something, or changing your status in some way, and reflect on your decision. What was hard about making the decision? How did it relate to moving forward? (Theme: Looking Forward: Next Steps on the Journey)	Before solving a problem, one of the first things to do is get as many facts about the problem as possible. How might this be helpful to you? (Skill: Social Problem-Solving)	What is one way to plan for an upcoming event? Do you know anyone who does this well? (Theme: Looking Forward: Next Steps on the Journey)	Engaging in service activities often helps people gain a stronger sense of purpose. Have you ever engaged in service? If so, what did you do? How did it help you feel a sense of positive purpose? (Virtue: Positive Purpose)
Week 2	Is every problem solvable on your own? Name a situation where it may be helpful to seek support. (Skill: Social Problem-Solving)	What is something you are looking forward to in the next week? How about in the next year? Why? (Theme: Looking Forward: Next Steps on the Journey)	One way to be an engaged listener is to try to set aside judgment. When you hear things that you do not agree with, how can you avoid criticism and blame? Is this easy to do? (Skill: Communication)	Imagine if you started each day by saying, "Today, I am going to do something that will help me have a positive purpose in my life!" How might your day be impacted? (Virtue: Positive Purpose)	What are the hardest problems to solve between you and your friends? What helps you to solve them successfully? (Skill: Social Problem-Solving)
Week 3	What would happen if you spent more time avoiding your problems rather than solving them? Will the problems eventually go away? Why or why not? (Skill: Social Problem-Solving)	Some say that no matter what, there is always something to look forward to. Do you agree, disagree, or are you not sure? Why? (Theme: Looking Forward: Next Steps on the Journey)	Is it possible for someone to have a negative purpose in life? Why or why not? Are you, personally, able to see a positive purpose for yourself? Regardless, is this a better option? (Virtue: Positive Purpose)	How did the communication between you and your teachers change from second grade to where you are now? What changes would you expect next year? (Skill: Communication)	Bullying is a problem for many students. How might being bullied impact your positive purpose? Do the people bullying have a reason for their behavior? Does that justify their bullying? (Virtue: Positive Purpose)
Week 4	Do you think it is helpful to communicate every thought you have? Why or why not? (Skill: Communication)	"Hope but never expect. Look forward but never wait" (author unknown). What does this quote mean? Do you agree? Why or why not? (Theme: Looking Forward: Next Steps on the Journey)	John Milton once said that "every cloud has a silver lining," meaning that even the worst events or situations have some positive aspect. Do you agree with this? Why or why not? (Virtue: Positive Purpose)	Think of a time when you found it challenging to be working with multiple people to solve a problem. What were the challenges? How did you and the group overcome them if you were able to? (Skill: Social Problem-Solving)	What is your favorite way to communicate with friends? Teachers in school? Your family? (Skill: Communication)

June/Month Eight (Year 1—*Better Me*): Looking Back: What Have I Accomplished? What Have I Learned?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	What is something that you are grateful for having done during this school year? [Consider having all students share] (Virtue: All)	What is one thing that MCCs have helped you with this year? (Theme: Looking Back: What have I accomplished? What have I learned?)	How can reflecting on your past help you in your future? (Virtue: All)	Should you look back at only your failures? Only your successes? Both? Why or why not? (Theme: Looking Back: What have I accomplished? What have I learned?)	In the last week, what have you done to help others? Reflect on how this made you feel. (Virtue: All)
Week 2	“Everything you do now is for your future. Think about that” (author unknown). What does this quote mean to you? (Theme: Looking Back: What have I accomplished? What have I learned?)	What is one way that you used your creativity to help you succeed this year? (Virtue: All)	In reflecting on this year, name one way you have taken more responsibility for yourself. How do you feel when thinking back on this success? (Theme: Looking Back: What have I accomplished? What have I learned?)	How would you describe your experience with MCCs in one word? Why did you choose this word? What other word might you use? Why? (Virtue: All)	It is said that we learn something new every day. Do you feel like every experience you have helps you learn or grow? Why or why not? (Theme: Looking Back: What have I accomplished? What have I learned?)

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