

30 AI Prompts Every SEL Teacher & Counsellor Should Know

DAILY EMOTIONAL CHECK-IN

“Create a morning check-in question that guides [grade level] students to identify and share their emotions. Include one short follow-up reflection or breathing exercise to help them center themselves.”

WEEKLY SEL THEME

“Suggest a theme of the week focusing on one SEL skill (e.g., empathy, resilience, or responsible decision-making) for [grade level]. Include a brief daily mini-activity that supports this theme.”

STRESS-MANAGEMENT MINI-LESSON

“Provide a short lesson outline on stress management for [grade level], complete with 2–3 coping strategies students can quickly learn and practice in class.”

JOURNALING PROMPTS FOR SELF-AWARENESS

“Offer three journaling prompts designed for [grade level] students to reflect on personal goals, emotions, or triggers. Each prompt should encourage honest, deeper self-exploration.”

CONFLICT RESOLUTION SCENARIOS

“Provide two realistic conflict scenarios that might arise among [grade level] students, along with steps they can take to resolve the issue in a respectful and empathetic way.”

GROUP CIRCLE QUESTIONS

“Suggest an opening question for a classroom circle discussion that prompts students to share a recent personal challenge or success. Include a quick tip to foster a safe, respectful environment.”

GRATITUDE BREAK

“Give me a short, repeatable gratitude activity for [grade level] students to use daily or weekly. Include a reflection question that encourages them to focus on positive aspects of their lives.”

PEER APPRECIATION EXERCISE

“Design a quick exercise where [grade level] students identify and share something they appreciate about a classmate, promoting empathy and positive relationships.”

MINDFUL BREATHING SESSION

“Describe a 5-minute mindful breathing routine appropriate for [grade level]. Include a simple visualization or mantra to keep them engaged.”

SELF-TALK BOOSTER

“Generate 3 positive self-talk statements that [grade level] students can repeat when feeling anxious or self-conscious. Keep them memorable and uplifting.”

EMOTION VOCABULARY EXPANSION

“List 5 advanced (but age-appropriate) emotion words to help [grade level] students better identify their feelings. Include simple definitions and sample sentences.”

ROLE-PLAY EMPATHY

“Develop two short role-play ideas where students practice empathizing with a peer experiencing a common emotional challenge (e.g., feeling left out, anxious about a test).”

ACTIVE LISTENING ACTIVITY

“Suggest a partner or small-group activity that teaches students how to practice active listening skills—body language, eye contact, and summarizing what they heard.”

MOTIVATIONAL MONDAY MESSAGE

“Write a concise Monday message that boosts morale and encourages a growth mindset for the week. Make it relevant to [grade level] students and their academic/SEL goals.”



CALM-DOWN CORNER INSTRUCTIONS

“Provide a short set of instructions or prompts for a calm-down corner that [grade level] students can follow when they’re feeling upset or overwhelmed.”

WEEKLY REFLECTION QUESTIONS

“Offer three end-of-week reflection questions for [grade level] students, each focusing on a different SEL domain (e.g., self-awareness, relationship skills, decision-making).”

ENCOURAGING GOAL-SETTING

“Propose a simple goal-setting process (with steps) that [grade level] students can revisit weekly or monthly. Include prompts to help them track and reflect on progress.”

RELATIONSHIP-BUILDING GAMES

“Suggest a lighthearted classroom activity or game that fosters teamwork and communication among [grade level] students. Keep it short and easy to repeat.”

PRAISE AND FEEDBACK WORKSHOP

“Outline a mini-workshop where students learn how to give and receive positive, constructive feedback among peers. Focus on building trust and respectful communication.”

GROWTH MINDSET CHECK-IN

“Develop a quick (2–3 minute) exercise for [grade level] students to reframe negative thoughts into growth-minded statements, teaching them to see challenges as opportunities.”

CULTURAL AND COMMUNITY AWARENESS

“Create a short group discussion prompt that encourages students to share something unique about their culture or community. Emphasize active listening and respectful curiosity.”

EMOTIONAL REGULATION TIPS

“Compile a quick list of 5 techniques [grade level] students can use to regulate intense emotions (e.g., counting backward, tactile grounding, or journaling). Keep them brief and memorable.”



CLASS NORMS BRAINSTORM

“Propose a brainstorming session in which [grade level] students collaboratively set their own respectful class norms and agree on ways to hold each other accountable.”

PEER SUPPORT NETWORKING

“Describe a method for forming small ‘support teams’ or ‘buddy systems’ among [grade level] students, encouraging them to check in on each other’s well-being regularly.”

RESILIENCE CHECKPOINT

“Generate a short resilience-building activity that helps [grade level] students identify past obstacles they’ve overcome, aiming to boost their self-confidence in facing new challenges.”

ENCOURAGING KINDNESS

“Design a simple ‘kindness challenge’ for the week that nudges [grade level] students to do small, thoughtful acts for peers or staff. Include an element of reflection at the end.”

IMPULSE CONTROL PRACTICE

“Offer a brief practice session for [grade level] students to develop impulse control—such as pausing, counting to five, or re-evaluating choices before speaking/acting.”

FAMILY INVOLVEMENT LETTER

“Create a short message for families explaining this month’s SEL focus in the classroom and offering a simple at-home activity that aligns with it.”

COLLABORATIVE CONFLICT-RESOLUTION MODEL

“Outline a consistent conflict-resolution model students can use when misunderstandings arise (e.g., listening to each side, brainstorming solutions, agreeing on next steps).”

YEAR-END SEL REFLECTION

“Provide an end-of-year reflection exercise where [grade level] students identify their biggest SEL growth points, any challenges they faced, and goals for continued personal development.”

Mental health education is most effective when it blends into daily routines as a source of enjoyment, so we create simple, engaging tools that transform psychoeducation into fun, accessible activities for everyone.