

Light Questions for Teens

Cut out the cards. Take turns drawing one. Anyone can pass, any time.

ABOUT ME What is a song you have had on repeat lately? Light	ABOUT ME What is something you are weirdly good at? Light	ABOUT ME Which app would be hardest for you to delete? Light	ABOUT ME What is your go-to comfort food? Light
FEELINGS What is the best part of your week so far? Light	FEELINGS What is something small that puts you in a better mood? Light	FEELINGS Which emoji sums up today? Light	FEELINGS What made you laugh recently? Light
FRIENDS AND FAMILY Who is the funniest person you know? Light	FRIENDS AND FAMILY What is a tradition your family has, big or small? Light	FRIENDS AND FAMILY Who do you text first with good news? Light	FRIENDS AND FAMILY What is the best thing a friend has done for you? Light
SCHOOL AND STRESS What is a class you would take just for fun? Light	SCHOOL AND STRESS What is the best and the worst time of your school day? Light	SCHOOL AND STRESS What do you do to unwind after a long day? Light	SCHOOL AND STRESS What is the most useless thing you have ever had to learn? Light
FUTURE AND VALUES What is a place you want to see someday? Light	FUTURE AND VALUES What is a job that sounds fun, even if it is not realistic? Light	FUTURE AND VALUES What is something you are looking forward to? Light	FUTURE AND VALUES What would your perfect Saturday look like? Light

Medium Questions for Teens

Cut out the cards. Take turns drawing one. Anyone can pass, any time.

ABOUT ME What is something people often get wrong about you? Medium	ABOUT ME What part of your personality have you grown into this year? Medium	ABOUT ME When do you feel most like yourself? Medium	ABOUT ME What do you wish more people asked you about? Medium
FEELINGS What is a feeling you find hard to show other people? Medium	FEELINGS What do you do when you are annoyed and cannot leave? Medium	FEELINGS How can people tell you are stressed, even when you do not say it? Medium	FEELINGS When you are upset, do you want company or space? Medium
FRIENDS AND FAMILY What makes someone easy to be around? Medium	FRIENDS AND FAMILY What is one thing you wish your family understood about you? Medium	FRIENDS AND FAMILY How do you know you can trust someone? Medium	FRIENDS AND FAMILY Have you ever outgrown a friendship? What happened? Medium
SCHOOL AND STRESS What stresses you out that adults might think is no big deal? Medium	SCHOOL AND STRESS How do you handle it when you mess up? Medium	SCHOOL AND STRESS Where in your body do you feel stress? Medium	SCHOOL AND STRESS What is one thing that would make school easier right now? Medium
FUTURE AND VALUES What do you care about more than most people your age? Medium	FUTURE AND VALUES Who do you admire, and what do they do that you would like to do? Medium	FUTURE AND VALUES What does a good life look like to you? Medium	FUTURE AND VALUES What is one rule you would change if you ran your school? Medium

Deep Questions for Teens

Cut out the cards. Take turns drawing one. Anyone can pass, any time.

ABOUT ME What is a part of you that you usually keep hidden? Deep	ABOUT ME When did you last feel proud of yourself, even if nobody else knew? Deep	ABOUT ME What do you need more of in your life right now? Deep	ABOUT ME What is a label people put on you that does not fit? Deep
FEELINGS What is a feeling you have been carrying lately that nobody knows about? Deep	FEELINGS What do you do with feelings you do not want to have? Deep	FEELINGS Is there anything you are missing or grieving right now? Deep	FEELINGS What scares you that you do not usually admit? Deep
FRIENDS AND FAMILY What is a conversation you have been avoiding with someone? Deep	FRIENDS AND FAMILY Is there someone you need to forgive, or who needs to forgive you? Deep	FRIENDS AND FAMILY Who do you feel you have to be strong for? Deep	FRIENDS AND FAMILY When have you felt left out, and how did you handle it? Deep
SCHOOL AND STRESS What pressure do you put on yourself that nobody else does? Deep	SCHOOL AND STRESS What are you afraid of failing at? Deep	SCHOOL AND STRESS When things get really bad, what helps, even a little? Deep	SCHOOL AND STRESS Is there anything you do to cope that you are not sure is good for you? Deep
FUTURE AND VALUES What do you hope people say about you when you are not in the room? Deep	FUTURE AND VALUES What do you believe that the people around you do not? Deep	FUTURE AND VALUES What are you afraid your future might look like? Deep	FUTURE AND VALUES What matters to you more than being liked? Deep

Question Tower With Real Blocks

Use any set of wooden stacking blocks. Mark each one with a colored dot, stack them 15 rows high, and use the question cards for the questions.

Color	Topic	Blocks
	About me	8
	Feelings	8
	Friends and family	8
	School and stress	8
	Future and values	8
	Wild card	5

How to play

1. Take turns pulling one block from below the top row.
2. The color picks the topic. Draw a card from that topic and answer it, or pass.
3. Purple is a wild card: pick one from the list below.
4. If the tower falls, everyone answers one light question, then rebuild.

Wild cards

1. Ask the other player any question you want. They can pass.
2. Swap: the other player answers the next question you pull.
3. Free pass. Skip your turn, no question.
4. Name three things you are grateful for, as fast as you can.
5. Show your most-used emoji and explain why.
6. Teach the other player something in 30 seconds.
7. Say one thing you like about the person across from you.
8. Describe your week as a movie title.
9. Pick any level and any topic, and answer a question from it.
10. Do your best impression of someone (or a pet). Others guess who.

This or that

Text or call?

Morning or night?

Beach or mountains?

Dogs or cats?

Sweet or salty?

Books or movies?

Headphones in or music out loud?

Plan everything or go with the flow?

A big group or a few close friends?

Summer or winter?

Pizza or tacos?

Gaming or sports?

Window seat or aisle seat?

Group chat or one-on-one?

Early or right on time?

Sneakers or slides?

Be understood or be liked?

Know the truth or keep the peace?

Great at one thing or good at many things?

Talk it out now or sleep on it?

Get advice or just be listened to?

Say what you think or keep it to yourself?

A calm life or an exciting life?

Fix it yourself or ask for help?