

Who Am I?

Helping Your Middle Schooler Develop A Healthy Identity



Reflection helps middle schoolers understand who they are, what they value, and how they relate to others. This guide provides six categories of reflection prompts—each with five questions—to encourage meaningful conversations at home. Parents can use these prompts during car rides, family dinners, or quiet moments together.

STRENGTHS

Encourage your tween to recognize what they do well and how their abilities shape their confidence.

1. What's something you're good at that surprises other people? Think about a time when someone said, "Wow, I didn't know you could do that!"
2. Describe a time this week when you helped solve a problem. What skills or abilities did you use? How did it feel?
3. What do friends or family members ask for your help with? What does this tell you about your strengths?
4. Think of something difficult you've accomplished. What personal strengths helped you get through it?
5. If you were a superhero, what would your superpower be based on something you're already good at in real life? Why would you choose that power?

CHALLENGES & WEAKNESSES

Help your tween see challenges as opportunities for growth rather than failures while also increasing their self-awareness around areas where they aren't as strong or where they tend to struggle.

1. What's something you find difficult that seems easier for others? How do you feel when you face this challenge?
2. Describe a time you struggled with something but learned from it. What did that experience teach you about yourself?
3. What's one thing you wish you were better at? Why does it matter to you? What small step could you take to improve?
4. When do you feel most frustrated with yourself? What's usually happening in those moments?
5. Think about a mistake you made recently. If you could go back, what would you do differently? What would you keep the same?

RELATIONSHIPS

Guide them to reflect on how they connect with others and what makes relationships meaningful.

1. Who makes you feel most like yourself? What is it about being with them that feels comfortable or right?
2. Describe a friendship that changed over time. What caused the change, and how did you handle it?
3. When have you felt like you didn't fit in? How did you respond, and what did you learn about yourself?
4. Who do you act differently around, and why? Is there someone you feel you can be completely yourself with?
5. Think of someone you admire or look up to. What do they bring out in you? How do you act when you're around them?

VALUES

Support your tween in identifying what matters most to them and how their values guide their choices.

1. What makes you angry or upset when you see it happening? What does your reaction tell you about what matters to you?
2. If you had to choose between being popular and being true to yourself, which would you pick? Why?
3. Describe a time when you had to make a hard choice. What helped you decide? Would you make the same choice again?
4. What's something you believe in strongly, even if not everyone agrees with you? Where does that belief come from?
5. If you could change one thing about your school, community, or the world, what would it be? Why is that important to you?

INTERESTS

Encourage curiosity and exploration by helping your tween reflect on what excites and motivates them. See if you can identify some new experiences that spawned a new interest.

1. What do you do that makes you lose track of time? What is it about that activity that captures your attention?
2. If you could learn about anything for a whole year with no limits, what would you choose? Why does that topic fascinate you?
3. What's something you used to love but aren't as interested in anymore? What changed? Have any new interests taken its place?
4. Describe your perfect Saturday with nothing you have to do. What would you choose to do?
5. What's something you're curious about but haven't explored yet? What's holding you back, or what would help you start?

TRAITS

Help your kid understand their personality and how it influences their behavior and relationships.

1. What are three words that describe you? Now ask someone who knows you well for three words. Are they similar or different?
2. Are you more of a thinker or a doer? A talker or a listener? A leader or a supporter? Give an example of when you showed this trait.
3. How do you usually react when something unexpected happens? Are you more likely to get excited, worried, frustrated, or curious?
4. What parts of your personality do you get from your family or culture? What parts feel uniquely yours?
5. If you could change one thing about your personality, would you? Why or why not? What do you like about yourself just as you are?

Tips for Parents

- No wrong answers: Reflection is about exploration, not perfection. Encourage openness and curiosity.
- Privacy matters: Allow children to decide what they want to share. Respect their boundaries.
- Revisit over time: The same question can lead to new insights as children grow and change.
- Model reflection: Share your own thoughts and experiences to show that reflection is a lifelong skill.
- Create a routine: Set aside regular times for reflection—such as weekly check-ins or bedtime conversations.

Encouraging reflection helps middle schoolers build self-awareness, empathy, and confidence. With consistent practice, these prompts can become a foundation for meaningful growth and stronger family connections.