



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Questions for Active Listening Activity

1. What do you most admire about yourself and why?
2. What was one of the worst times you had at school? How did you deal with it?
3. Who is a caring adult you can go to when you are in trouble or worried about something? Why are they so?
4. What is one of the happiest times in your life? Why?
5. What is one thing that makes you sad? Tell why.
6. What is one of your greatest fears? Why? How do you deal with it?
7. If you could change one thing about your life what would you change? What is the reason you would change it?
8. What is something you are looking forward to in the future? Why?