

**Note to the Imago Community:**

**Brian Eames**

**eames.brian@paideiaschool.org**

The following pages are prompts that I have composed and given to classes of 9, 10, and 11 year olds. Typically I have the students fill out one sheet in a given sitting, then I pair them off and have them “dialogue” their responses with another student. Some of the topics are very light, others heavier in nature. Usually I’ll have them choose which one or two per page they will send to their partner, so if there is a response that feels too unnerving to share, they can opt for another response--although I do encourage them to push themselves a bit beyond their comfort zone!

After they share in pairs, we gather as a group. I pull names out of a hat, and have two students come before the whole group. They decide who will be the Sender and who will be the Receiver. And then they share in front of the group. As a teacher, I just offer encouragement and praise for what they are able to do. Generally, I have found the students eager to “perform” in this way in front of the larger group.

Once they have been through this training, I have found that I am able to use the dialogue steps to work through more genuine conflicts or issues that arise during the school year.

Something I like about myself is \_\_\_\_\_  
\_\_\_\_\_ The

reason I appreciate this in me is because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

One way I use this to be a better person is \_\_\_\_\_  
\_\_\_\_\_

Something I enjoy in school is \_\_\_\_\_  
\_\_\_\_\_

And the reason I like it is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

And what I think this says about me is \_\_\_\_\_  
\_\_\_\_\_

Something I'd like to change about how I tend to operate is \_\_\_\_\_  
\_\_\_\_\_

The reason I'd like to change it is because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I were to succeed in changing it, then \_\_\_\_\_  
\_\_\_\_\_

Something I find hard in school is \_\_\_\_\_

\_\_\_\_\_

The reason I find it hard is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

And when I get stressed about this hard thing, I tend to react by \_\_\_\_\_

\_\_\_\_\_

If I could become any animal I would be a \_\_\_\_\_

\_\_\_\_\_

The reason I would choose this animal is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

And what I learn about myself from choosing this animal is \_\_\_\_\_

\_\_\_\_\_

Something that frightens me is \_\_\_\_\_

\_\_\_\_\_

The reason it scares me is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If I could put this fear away, then \_\_\_\_\_

\_\_\_\_\_

My earliest happy memory is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ The feelings it  
brought up for me are \_\_\_\_\_

\_\_\_\_\_

And the reason I remember it still is because \_\_\_\_\_

\_\_\_\_\_

A recent time when my mental attitude didn't help me to succeed was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The reason I think I fell into that attitude was \_\_\_\_\_

\_\_\_\_\_

And next time the way I hope to respond is \_\_\_\_\_

\_\_\_\_\_

One quality I like in my mom/dad is \_\_\_\_\_

\_\_\_\_\_

The reason I value this quality is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In order for me to feel more of this quality myself, I would need to \_\_\_\_\_

\_\_\_\_\_

And what holds me back is \_\_\_\_\_

\_\_\_\_\_

One thing that's true about me that most people don't know is \_\_\_\_\_

---

---

The reason I keep this to myself is \_\_\_\_\_

---

---

If I were able to be more open about this, then \_\_\_\_\_

---

---

A dream I have for my life is \_\_\_\_\_

---

---

And the reason this matters to me is \_\_\_\_\_

---

---

One thing I do that gets in the way of reaching that dream is \_\_\_\_\_

---

---

And one thing I could do to get closer to the dream is \_\_\_\_\_

---

---

One thing I have done recently that I am proud of is \_\_\_\_\_

---

---

The reason I feel that pride is \_\_\_\_\_

---

---

A way I experience this feeling more often would be to \_\_\_\_\_

---

---

My earliest unhappy memory is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ And the  
feelings it brought up for me are \_\_\_\_\_

\_\_\_\_\_

And something I might have learned from this (either good or bad) is \_\_\_\_\_

\_\_\_\_\_

Something I would never change about myself is \_\_\_\_\_

\_\_\_\_\_

And the reason I would never change this is \_\_\_\_\_

\_\_\_\_\_

The world is made better by me through this because \_\_\_\_\_

\_\_\_\_\_

When I have a problem I sometimes react by (*something not helpful to you*) \_\_\_\_\_

\_\_\_\_\_

When a better option would be to \_\_\_\_\_

\_\_\_\_\_

Something that would help me choose this better option is \_\_\_\_\_

\_\_\_\_\_

And if I chose this better option more often, it would change my life by \_\_\_\_\_

\_\_\_\_\_