

AI Prompts in Support of SEL Development

Thinking About Your Thinking

Metacognition

“I’m leaning toward [Decision X]. Based on my reasoning, what cognitive biases or blind spots might be influencing my judgment?”

Thinking Flexibly

“What are three completely different perspectives or unconventional ways to look at this problem that I haven’t considered yet?”

Listening with Understanding and Empathy

“How might this situation look and feel from another person’s point of view, especially someone who disagrees with me or has had a different experience?”

Thinking and Communicating with Clarity and Precision

“Help me examine my explanation. Where am I being vague, confusing, or imprecise, and what questions should I ask myself to communicate more clearly?”

Improving the Process

Striving for Accuracy

“Here is my current plan. Can you critique it for logical fallacies or technical errors and suggest ways to make it more precise?”

Managing Impulsivity

“Before I take action on this, what are the long-term consequences and potential second-order effects I should weigh?”

Questioning and Posing Problems

“What critical questions am I not asking about this situation that an expert in this field would definitely ask?”

Expanding Your Inputs

Applying Past Knowledge

“How does this situation relate to [historical event/scientific principle/concept]? What lessons from the past can be applied here?”

Thinking Interdependently

“If I were to present this to a team with diverse backgrounds, where is the potential for friction, and how can I foster better collaboration?”

Gathering Data Through All Senses

“If you were to describe this situation as a sensory experience—its sights, sounds, and overall vibe—what details should I be paying closer attention to in the real world?”

Growth and Resilience

Persisting

“I’m feeling stuck on this task. Can you help me break this down into steps to maintain my momentum?”

Taking Responsible Risks

“What is the calculated-risk version of this move? What is the worst-case scenario, and how could I recover from it?”

Remaining Open to Continuous Learning

“What is a shift in thinking in this field that challenges the traditional way of handling this situation?”

Creativity and Spirit

Creating, Imagining, and Innovating

“Give me a creative blue-sky solution to this problem, ignoring current budget or resource constraints.”

Finding Humor

“What is the most absurd, ironic, or unexpectedly funny way to view this stressful situation so I can regain perspective?”

Responding with Wonderment and Awe

“What is surprising or fascinating about this topic that I may be overlooking, and why does it matter?”
