

# CONVERSATION STARTERS

that invite hope, possibility & connection

## STRENGTH TALK



- What do you enjoy doing?
- What are you good at?
- What do you like about yourself?
- When do you feel most like you are walking into your power?
- When can you be you, 100% authentically amazing you?
- What is your idea of a fun time?
- What is your favorite subject in school?
- What do you enjoy learning about?
- What are your favorite things to make, create, or build?
- What are your superpowers? (And you must name at least 1.)
- Describe what a perfect day would look like for you.
- What are you curious about?
- What is something that you can teach others about?
- What is the most important advice you would share with someone you cared about?
- When do you treat yourself with kindness?
- How do you handle doing hard things?
- When have you been brave?
- What is something you feel proud about?
- What would your family say are your strengths?
- What would your teacher say are your strengths?
- What would your friends say are your strengths?
- What would you say are your strengths?

# CONNECTION TALK

- Whom do you like hanging out with?
- Whom do you trust most in this world?
- Who are the adults that have your back?
- What does your family do that helps you?
- What does your teacher do that supports you?
- Who is a person you would like to be friends with?
- What do you look for in a friend?
- What does family mean to you?
- What does friendship mean to you?
- Who is someone in your life that brings a smile to your face?
- Who do you admire?
- How do you make friends?
- With whom do you feel known, really known by them?
- Who sees and accepts the authentic you?
- How do you know someone truly sees and loves you?
- How do you know when you can trust someone?
- What is one of nicest, most meaningful things someone has said to you?
- Who in your life reminds you that you matter and are important?
- What are your favorite things to do with your family?
- What are your favorite things to do with your friends?
- How do you know that you belong?
- When do you believe and feel with every once in your body that you belong?

# POSSIBILITY TALK

- If you were completely in charge of your life, what would you change?
- Let's pretend you have a magic wand and when you wave it, the things that are bothering you disappear. How would you know things have changed? What would you be doing differently?
- What do you want to learn about by your next birthday?
- What do you want to create a year from now?
- What do you hope to do or experience by this time next year?
- Suppose you could travel in a time machine and change something that is bugging you, how would you know the time machine worked?
- How do you want your life to look 10 years from now?
- If you were granted 3 wishes, what would you choose?
- How would your life be different if your wishes came true?
- If you could change anything about school, what would you change?
- If you could change anything about your family, what would you change?
- What do you dream of?
- If you were to draw how you would like things to be, what would you draw?
- Imagine a miracle happened in your life, what would you be doing differently?
- How would you know a miracle had occurred?
- As the author of your life story, what would you like to write into it?

# REAL TALK

- What are you fearful of?
- What is something that is hard for you?
- What is one of the hardest decisions you have had to make?
- What is something you wish you could tell your family
- What is something you wish you could tell your teacher?
- When is it hard being a friend?
- How do you handle frustration?
- How do you deal with disappointment?
- What is it that you do or think that helps you to remember that you can make it through hard experiences?
- How do you remind yourself that you can do hard things?
- What helps you when you feel angry?
- What helps you when you feel afraid?
- What helps you when you feel anxious?
- What triggers you to cry?
- When do you feel most at peace?
- How do you handle making mistakes?
- How do you feel when you make a mistake?
- What are ways you make amends when you make a mistake?
- When do you know it is time to come up with a new plan?
- When is a time when you experienced the feeling of not being good enough?
- How do you remind yourself that you are always good enough regardless of what has happened?
- When do you know your voice is heard? And that what you have to share matters?
- What are you grateful for?