

# Conversation Starters:

## Questions to Create the Habit of Talking

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### conversation starters

To create the habit of talking

Did you talk to anyone new today?

### conversation starters

To create the habit of talking

Is there anyone you admire? Tell me about them.

### conversation starters

To create the habit of talking

What do you think is your first memory?

### conversation starters

To create the habit of talking

Did anything happen at school today that you weren't expecting?

### conversation starters

To create the habit of talking

What's your favorite song right now? How does it make you feel?

### conversation starters

To create the habit of talking

What animal do you think is most like you?

### conversation starters

To create the habit of talking

If you could live somewhere for a year, where would you live?

### conversation starters

To create the habit of talking

If you could meet anyone in the world, who would you meet?

### conversation starters

To create the habit of talking

Who has been your favorite teacher? Why?

### conversation starters

To create the habit of talking

What's your favorite video on YouTube or TikTok?

### conversation starters

To create the habit of talking

Make up your own question to answer!



# Questions for Talking About Feelings, Coping Strategies and Mental Wellness

## conversation starters

For talking about feelings, coping strategies & mental health

What made you proud today?

## conversation starters

For talking about feelings, coping strategies & mental health

How were you brave today?

## conversation starters

For talking about feelings, coping strategies & mental health

How did you cope with hard emotions today?

## conversation starters

For talking about feelings, coping strategies & mental health

What is a problem you solved today? How did you do it?

## conversation starters

For talking about feelings, coping strategies & mental health

What did you do today for your mental health?

## conversation starters

For talking about feelings, coping strategies & mental health

Who do you go to when you want to cheer up?

## conversation starters

For talking about feelings, coping strategies & mental health

Who are the people in your life that support you the most?

## conversation starters

For talking about feelings, coping strategies & mental health

What is something you got better at this week?

## conversation starters

For talking about feelings, coping strategies & mental health

When you feel worried, sad, or angry, what is going through your mind?

## conversation starters

For talking about feelings, coping strategies & mental health

When you feel sad, what do you think about to make yourself feel happy again?

## conversation starters

For talking about feelings, coping strategies & mental health

What is a time when you thought things would go badly and then it wasn't as bad as you thought?

What helped it go well?

