

# Conversation Starters:

## Questions to Create the Habit of Talking

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*To create the habit of talking*

Did you talk to anyone new today?

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Is there anyone you admire? Tell me about them.

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What do you think is your first memory?

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

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

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What animal do you think is most like you?

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

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

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Who has been your favorite teacher? Why?

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What's your favorite video on YouTube or TikTok?

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Make up your own question to answer!

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

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*For talking about feelings, coping strategies & mental health*

What made you proud today?

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How were you brave today?

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How did you cope with hard emotions today?

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

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What did you do today for your mental health?

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

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

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What is something you got better at this week?

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

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

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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?

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