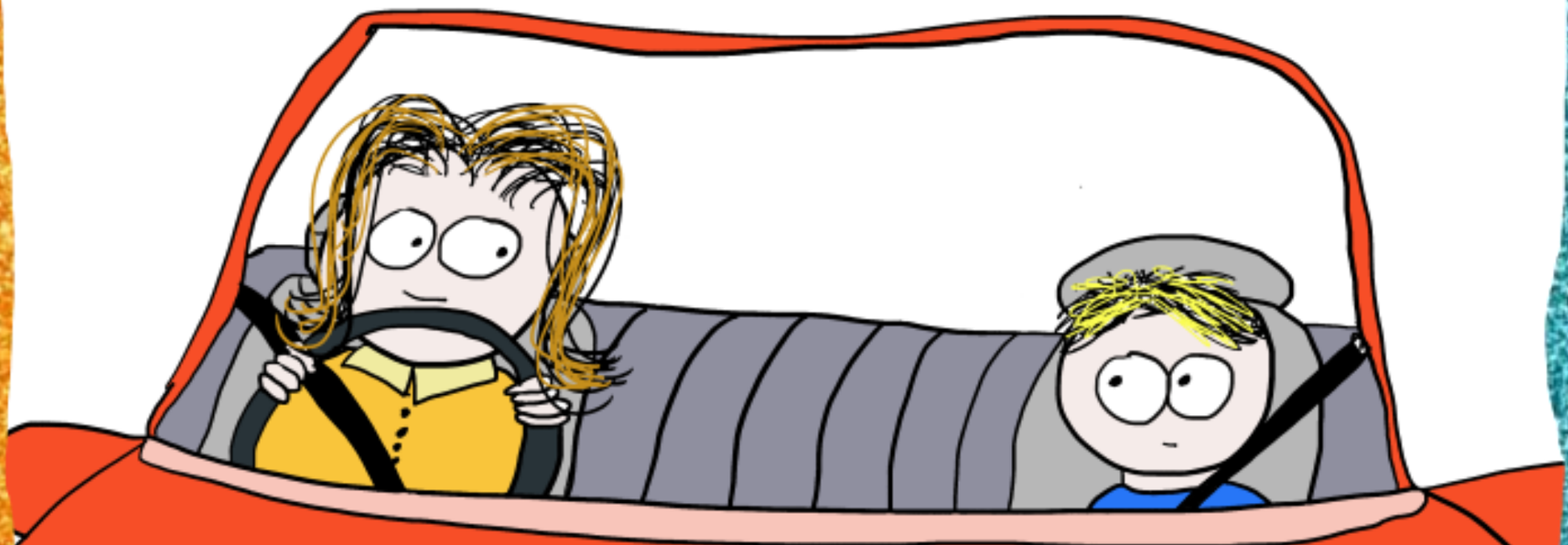
21 Conversation Starters with Kids, plus a Guide to Having Deeper Conversations.



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1.

What was the most interesting thing that happened today?

2.

What's one thing you're grateful for today?

(start off by saying what you're grateful for)

3.

What happened today that you did not expect?

4.

If you were feeling sad, what could you think of to make yourself feel better?

5.

Can you describe what being happy feels like?

6.

What's the best thing that's ever been invented?

7.

If you could invent anything, what would it be?

(get them to draw it, if they want)

8.

What's a magnificent mistake that you made today?

(maybe suggest a mistake you've made)

9.

What do you think you're good at?

(start by saying what you're good at, make it silly as you like)

10.

Ask them to help solve a problem you may have. It could be as simple as deciding what to have for dinner.

11.

What do you think is the most important quality a person can have?

12.

What do you think we should do more of as a family?

13.

Just out of curiosity, does anyone ever stand up for the kids being teased at school?

14.

Who gets teased or bullied at school and why do you think they get teased?

15.

What's one of the kindest things you've seen someone do? And how did it make the person feel?

16.

If you were a superhero, what would your superpower be and what would you be called?

17.

What are you most proud of?

18.

In what way would you like to change the world?

19.

What's one thing you like about your body?

20.

What's one way we can be kinder to the planet?

21.

It's *(insert someone's birthday)* and I reckon we should make them a present instead of buying something. What do you think we could make?

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Having those deep conversations

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Sit with your child and let them know what they're feeling is real.

(Try and avoid the urge fix anything. Don't rescue them.)

Let them know that they're safe and allow them to talk about how they're feeling.

(use a book from the *Being You is Enough* series as a prompt)

Tell them that you have felt the same feelings as them before. It lets them know they're not alone and that you're human too.

Ask them to notice how it feels in their body.

Get them to describe out aloud.

Maybe they can draw a picture.

Sit with them,

be with them.

Remind them that all things will eventually pass, even how they're feeling right now.

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Resources

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Josh Langley

Inspiring Kids

Video based program for home or schools to help build resilience, courage, and self-acceptance in children, and gives them the life skills to thrive now and into the future.

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Being you is Enough Book Series

Being You is Enough

It's Ok to Feel the Way You Do

Magnificent Mistakes and Fantastic Failures – finding the good when things seem bad

Being Wildly Kind

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