

# CONVERSATION STARTER IDEAS:

**PARENTS, WE KNOW YOU'RE BUSY! THESE SIMPLE PROMPTS CAN TAKE PLACE WHEN YOU'RE DRIVING, COOKING, PUTTING THE KIDS TO BED, EATING, OR WHENEVER YOU HAVE A CHANCE!**

- What was your high for today and what was your low?

Once this becomes a routine, simple phrases such as, “what was you high and low?”, will allow your child to understand the routine

- This allows kids to identify positive things from the day for gratitude, and an opportunity to start a conversation on things that didn't go well
  - Even if there were no “bad” things that happened that day, the prompt “what was your low” can be used as an opportunity to identify things maybe they can improve upon such as, “listen to my teacher more.”, “pay attention more in class.” “befriend a new classmate”, etc.
- Tell me about your responsibilities in school today?
  - Was there anything in school that was difficult to learn or understand?
  - How can we overcome that? How can I help you?
  - What is your favorite thing about being home? What is your least favorite thing about being home?
  - What is your favorite feeling? What is your least favorite feeling? Why?
  - How can I help you get rid of those bad feelings and help you get more of the good ones?
  - If feelings were a color, what color would you be today? Right now? Why...

