CONVERSATION CARDS

Conversation cards serve as valuable tools for both adults and children to engage in meaningful dialogue. These open-ended prompts offer an opportunity to express real feelings without fear of judgment -- to "free your feels" fearlessly!

Use these cards to spark conversation. Students can randomly pick a card and respond aloud. Alternatively, the adult allies can read each conversation prompt aloud and invite as many students as they wish to participate.

Here are some practical tips when using these conversation starters:

- Avoid pressuring anyone to participate or share their feelings.
- Foster an environment where everyone feels safe to speak openly. Encourage genuine conversations without judgment or criticism.
- Acknowledge, with empathy and understanding, that everyone's emotions are valid, even if they differ from your own.

How are you feeling today?

What's a time you felt sad?

How did you feel better?

What's something that's difficult for you?

How do you work through it?

What does grief feel like and where do you feel it in your body?

What was the best part of your day? What was the worst?

What's something you're looking forward to?

What's something you feel proud of?

What's the scariest part of grief?

What's something that makes you laugh?



What's your favorite song?

How do you feel when you listen to it?



Who can you talk to when you need help?



What's something that makes you feel nervous?



What makes you feel better when you're upset?



How do you help yourself relax when you feel stressed?



What causes you the most stress?



Where do you feel valued / like you matter?

