

ASK LISTEN TALK REPEAT



Instructions:

Let's talk mental health. Start a conversation about mental health with your child with a simple prompt. Ask one of the questions below and start listening.



1. What was the best and worst part of your day today?
2. What's your most prized possession?
3. If you could only see one color, which one would you choose?
4. What was your theme song today?
5. If your pet could talk, what would it sound like and what would it say?
6. What's your favorite thing about yourself?
7. What is your favorite smell and what does it remind you of when you smell it?
8. What are three things you're thankful for?
9. What food could you eat every day for the rest of your life?
10. If you could visit anywhere, where would you go?
11. What's your favorite song right now?
12. What's something you're looking forward to right now?
13. Who do you admire and why?
14. If you drew everything that came into your head, what would you be drawing right now?
15. If you could pick what you dream about tonight, what would it be?
16. Who put a smile on your face today?
17. If today was a color, what would it be and why?
18. What three words best describe you today?
19. How would you spend a day off from school?
20. If you could, what part of today would you do again?
21. What do you wish we did more of?
22. What makes you feel confident?
23. What cheers you up the most when you're feeling sad?
24. If you could change one thing in the world, what would it be?
25. What do you want to be when you grow up?
26. Is there anything you wish you had done differently today?
27. What has been the happiest day of your life?
28. If you could change one thing about yourself, what would you change?
29. What do you do when your friends are feeling sad?
30. When was the last time you felt angry?
31. What do you think you would do differently if no one was judging you?
32. How important do you think it is to be popular?
33. What would you do with \$100?
34. What's your least favorite chore?
35. If you could meet anyone in the world, who would you want to meet?
36. What is something you would like to learn?
37. What are you most afraid of?
38. What is your favorite book and why?
39. Describe a great day: What are you doing that makes it special?
40. What is something about you that you think I might not know?
41. How do you best like helping others?
42. What makes your friends so awesome?
43. Did anything happen today that made you proud?
44. What superpower do you wish you had and why?
45. What superpower would you not want to have?
46. What's your favorite thing to do when you're alone?
47. What feeling is the most uncomfortable—embarrassment, anger, fear or something else?
48. How did you help someone today?
49. What do you worry about most often?
50. If you could do anything you wanted right now, what would it be?
51. If you could have any job in the world, what would it be and why?
52. What is something that always puts you in a good mood?

