

# Conversation Starters

Cut out these cards and use them to start conversations with your children about feelings.  
Use the blank ones to add your own questions.

I wish others knew that sometimes I feel _____.	Sometimes I worry about _____.	Sometimes I feel lonely when _____.	Tell about a time when you were really proud of someone else.
Tell about something that really makes you laugh.	Sometimes when I feel angry, I wish others knew this _____.	Tell about a time you were really proud of yourself.	How do you show others you love them?
What do you need most from others right now?	Tell about something that makes you feel really scared.	What were you doing the last time you felt really happy? Tell about that time.	One time I felt really sorry when _____.
How can your family show you they love you?	What do you need from your family when you feel sad?	When I feel angry it might be because _____.	Tell about one thing that made you feel disappointed.