Conversation Starters

*These questions are not intended to serve as a strategy to get to serious issues with a child. They are meant to serve as a tool to encourage discussion about thoughts and feelings in everyday life. If a serious concern arises from your conversation, turn your attention to that issue.

- What was the best thing that happened today?
- How were you brave today?
- Tell me your favorite joke.
- If you were the dad or mom of the house, what would be your 3 rules?
- What do you want to be when you grow up?
- Do you have a favorite song? What is it?
- Tell me about something you learned today.
- If you could meet any person in the world, who would it be?
- If you could build a dream house, what would it look like?
- How were you kind to someone today?
- Name three things for which you are thankful.
- What is the best thing about school?
- What was your most embarrassing moment?
- If you have to live on an island by yourself, what 3 things would you bring?
- If I gave you a million dollars, what would you do with it?
- If you were granted 3 wishes, what would they be?
- If you could make a rule that everyone had to follow, what would it be?
- What makes you super happy?
- What do you do when someone makes fun of other kids at school?
- If you could be a superhero, who would you be?
- If you could pick a new name, what would you choose?
- What do you really like to do with your family?
- What do you like most about yourself?
- When you feel sad, what do you think about to make yourself feel happy again?
- What is your favorite food?

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• Do you like thunderstorms?
• What is your favorite season? What do you like about it?
• If you could go anywhere in the world, where would you go?
• Pick 3 words to describe yourself.
• What scares you the most?
• If you could be any age, what age would you pick?
• What makes you angry?
• If you could have one superpower, what would it be? How would you use it?
• Tell me about what your best day would be like.
• What gift would you really like to get?
• What is the thing that you like to do most?
• Who are your friends? What do you enjoy doing with them?
• Tell me about a scary dream you have had. What did you do?
• If you could be on any TV show, what would it be?
• What makes you laugh?
• What is your favorite car? If you had one, what color would it be?
• If you could have any animal as a pet, what would it be? What do you like about that one?
• Where do you like to go for fun?
• What is the best thing about your house?
• Do you like to play video games? Which ones?
• What is your favorite holiday? What do you like about it?
• Would you rather play in the snow or swim in a pool?
• What do you think is the best thing about getting older?
• Tell me about your favorite book.
• Make up your own question to answer!

Join the movement for children’s mental health
To receive more resources like these conversation cards, sign up for the On Our Sleeves movement at childrensdayton.org/onoursleeves.

ON OUR SLEEVES
The Movement for Children’s Mental Health