

Conversation Starters

Start building the habit today of starting conversations to provide a strong foundation if you need to talk about more complicated things in the future. Here are some ideas to get you started to build the habit – and some to use if you are concerned.



If you could pick a new name, what would you choose?

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The Movement for Children's Mental Health



What was the best part of your day?

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What is something that made you laugh today?

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What do you want to be when you grow up?

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What do you like about yourself?

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What is your favorite color? What does it represent for you?

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If you could have dinner with anyone dead or alive, who would it be?

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If you were an ice cream flavor, what would it be and why?

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Who do you go to when you want to cheer up?

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I've noticed _____.
Is there something bothering you?

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How have you been feeling?

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Do you ever feel so upset you just don't want to be alive anymore?

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Have you ever thought about suicide?

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