

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.*

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- 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 3 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? What 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!

If there is an emergency, call 9-1-1 or go to an Emergency Department. Youth and families already linked with a behavioral health clinician should first contact their clinician or crisis line provided.

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The Movement for Children's Mental Health

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