

CONVERSATION STARTERS

PERSONAL

- What can I do to help you when you feel stressed, worried, or overwhelmed?
- What makes you feel important or significant?
- When do you feel most alone?
- What helps you escape?
- What do you worry about the most?
- When do you feel the happiest?
- What is your favorite memory?
- If you had three wishes, what would you wish for?
- What is the best part of your day?
- What is your favorite food? Dessert?
- What music/artist do you like the most?



FRIENDS

- What makes you feel known or understood by your friends?
- What makes you feel connected to students at your school?
- In what ways are you similar to and different than your peers at school?
- What makes you feel invisible, lonely, or left out?
- What do your friends say they like about you?
- What makes a good friend?
- What makes a bad friend?
- What is your response if anyone is picking on you at school?
- Who is your best friend?
- Who at school are you interested in?

FAMILY

- What makes you feel loved by our family?
- What makes a good relationship?
- What would improve the relationships between our family members?
- If you could change anything in our family, what three things would you change?
- What is one thing you wish our family would do more of?
- How do you feel about the discipline in our home?
- What do you wish we did differently as parents?



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ACTIVITIES

- What are your favorite activities?
- What are some activities you have been interested in trying or learning more about?
- What are your favorite TV shows and movies?
- What sports would you like to play?
- If you could spend one hour doing anything, what would you choose to do?
- If you could travel anywhere in the world, where would you go?

SCHOOL

- What's your favorite subject?
- What's your least favorite subject?
- How do you feel the teachers treat you at school?
- What was the best/worst thing that happened at school today? Ever?
- What do you look forward to the most at school?
- Who is your favorite teacher?
- What do you like eating for lunch? Snack?



BELIEFS AND VALUES

- What is most important to you?
- What are your top 5 or 10 values?
- How would you change society, politics, or the world?
- What are the three traits you value most in others?
- What do you think is your purpose in life?
- What are you most grateful for?
- If you were in charge of the curriculum at school, what would you teach?
- If you were in charge of our household, how would you run it?
- If you could be any superhero or character, who would you choose?
- Who are your role models?
- What is one thing in life you feel passionately about?
- What is one thing that has had the greatest impact on your life?



FUTURE

- What are some things you would like to do when you get older?
- What career do you see yourself doing? How do you want to accomplish this?
- If you could be a famous, influential person, what would you want to be known for?
- Where would you like to live when you get older?
- What would be your ideal vacation spot?
- What is your dream job?
- What do you hope your life will look like 1 year from now? 5 years? 10 years?
- What scares you the most about the future?
- What is something about yourself you would like to change in the future?
- What is something about yourself you hope never changes in the future?