Talk Together

Conversation starters for a parent or caregiver and a child. Take turns. There are no wrong answers.

Name: _____ Date: _____

1 Today I felt _____ when _____.

2 Something that made me smile today was...

3 A feeling that was hard today was... My body felt...

4 When I feel that way, it helps when you...

GROWN UP TIP

Listen first. Name the feeling you see ("You look frustrated"). Share a feeling of your own. Children learn feeling words when the adults around them say them out loud.

Educational use only. Not therapy, diagnosis or medical advice. In a crisis call or text 988. Immediate danger: call 911.