



## ADDITIONAL CONVERSATION PROMPTS

Below are some additional conversation prompts you can use for household discussions, writing prompts, or conversation starters during meals.

### Family Support

- What is an example of a time Family Support was really strong for you?
- What is an example of a time Family Support was really strong for you?
- Who do you see as your chosen family (i.e. best friends' parents, friends of your parents, a coach, Mentor, or friends)?
- What unique traditions do you have in your family?

### Positive Friends

- Who is a Positive Friend for you and what do you appreciate about them?
- Share about a time you were a Positive Friend and when someone was a Positive Friend for you.

### Mentors and Trusted Adults

- Who is a Mentor for you and what do you appreciate about them?
- Who is a Trusted Adult that makes you feel safe to be yourself?
- Which adult do you most commonly ask for help, whether with school, a social issue, etc?

### Healthy Activities

- Share a story of how you used Healthy Activities to cope with a difficult situation.
- Name three Healthy Activities you enjoy - include one energizing and one calming activity.
- What is a Healthy Activity you might like to try?

### Spirituality

- What traditions, practices, culture, or religion help you experience Spirituality?
- What are spiritual or gratitude practices that help you?
- Share about a time when you felt peaceful and content.

### Generosity

- Who do you think is the most generous person you know and why?
- Name a person who has been generous towards you. How have they shown Generosity?
- What is one way you can show Generosity today?

### Physical Health

- Share about a time that medical access was a Strength for you or your family or friends.
- How can you keep your body healthy?
- How can you show support for medical and Mental Health professionals?

### Mental Health

- When you feel overwhelmed, name the person who helps you feel calm?
- When you are angry, what is an activity you can do to cool down and to cope?
- When you feel sadness, who are the people you want to connect with?

### **Thankfulness**

- What are three things you are thankful for today?
- Who are three people you are thankful for today?
- What are three experiences you've had that you are thankful for?
- Write a short thank you note to someone you are grateful to have in your life.

### **Belonging**

- When is a time you felt that you belonged?
- Who is someone that makes you feel like you belong?
- How do you help others feel like they belong?
- What makes you unique?

### **Growing Our Strengths**

- One thing that I have done to grow stronger is \_\_\_\_\_.
- One thing that I can do to grow in Strength is \_\_\_\_\_.
- A person that I can support in growth is \_\_\_\_\_.
- What Strength have you used in the past week? How did it help?
- Who is someone who has helped you grow in Strength? How has this helped you?

### **Connection**

- When did you connect someone else to help?
- When did you connect someone to a Healthy Activity?
- How has someone else connected you to Mental Health?
- How have you connected others to your community?
- Where would you go to connect a struggling friend to help?