COMPANION CONVERSATION CARDS

SIMPLE PROMPTS FOR MEALTIME, CAR RIDES, AND EVERYDAY MOMENTS

DAILY TEXTS TO INSPIRE, GUIDE, AND SUPPORT TEENS

# SIMPLE MESSACES TO STRENGTHEN YOUR BOND AND BUILD TRUST WITH YOUR TEEN



### C O N V E R S A T I O N C A R D S

- 1. WHAT'S SOMETHING YOU'VE BEEN THINKING
  ABOUT A LOT LATELY?
- 2. WHAT'S ONE THING TODAY THAT MADE YOU SMILE—EVEN A LITTLE?
- 3.IF YOU COULD DESIGN YOUR PERFECT WEEKEND. WHAT WOULD IT LOOK LIKE?
- 4. WHEN WAS THE LAST TIME YOU FELT REALLY PROUD OF YOURSELF?
- 5.IF YOU COULD GIVE ONE PIECE OF ADVICE TO YOUR FUTURE SELF, WHAT WOULD IT BE?

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#### CONVERSATION

#### CARDS

- 1.IF YOU COULD CHANGE ONE SCHOOL RULE,
  WHAT WOULD IT BE AND WHY?
- 2. WHAT'S YOUR FAVORITE WAY TO RELAX OR UNWIND?
- 3. WHO'S SOMEONE YOU REALLY ADMIRE AND WHY?
- 4.IF WE COULD TRAVEL ANYWHERE TOGETHER RIGHT NOW, WHERE WOULD YOU WANT TO GO?
- 5. WHAT'S ONE THING YOU'D LOVE TO LEARN THIS YEAR?

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### C O N V E R S A T I O N C A R D S

- 1. WHAT'S SOMETHING NEW YOU'D LIKE TO TRY
  THIS YEAR, EVEN IF IT FEELS A LITTLE SCARY?
- 2. WHAT'S SOMETHING YOU'VE OUTGROWN—AND WHAT REPLACED IT?
- 3. WHAT'S ONE WAY I COULD SUPPORT YOU BETTER THIS WEEK?
- 4.IF YOUR LIFE WERE A MOVIE, WHAT WOULD IT BE CALLED TODAY?
- 5. WHAT'S ONE THING YOU HOPE NEVER
  CHANGES ABOUT YOURSELE?

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## C O N V E R S A T I O N C A R D S

- 1. WHAT'S THE BEST COMPLIMENT YOU'VE RECEIVED RECENTLY?
- 2. HOW DO YOU HANDLE STRESS WHEN IT SHOWS UP IN YOUR DAY?
- 3. WHAT'S SOMETHING YOU'VE ALWAYS WANTED
  TO ASK ME?
- 4. WHAT DO YOU THINK MAKES A GREAT FRIEND?
- 5. WHAT'S SOMETHING SMALL WE COULD DO
  TOGETHER THIS WEEK TO MAKE A GOOD
  MEMORY?

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### C O N V E R S A T I O N C A R D S

- 1. WHAT'S SOMETHING YOU'VE DONE RECENTLY THAT YOU'RE PROUD OF?
- 2. IS THERE A SONG THAT REALLY SPEAKS TO HOW YOU'VE BEEN FEELING LATELY?
- 3.IF YOU COULD ASK GOD ONE QUESTION AND GET A CLEAR ANSWER, WHAT WOULD YOU ASK?
- 4. WHO IN YOUR LIFE MAKES YOU FEEL MOST SUPPORTED, AND WHY?
- 5. WHAT'S ONE THING YOU WISH ADULTS UNDERSTOOD BETTER ABOUT BEING A TEEN?

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#### C O N V E R S A T I O N C A R D S

- 1. IS THERE SOMETHING YOU'RE WORRIED ABOUT THAT I MIGHT BE ABLE TO HELP WITH?
- 2. WHAT HELPS YOU CALM DOWN WHEN YOU FEEL STRESSED OR ANXIOUS?
- 3.IF YOUR MOOD WAS A COLOR TODAY, WHAT COLOR WOULD IT BE AND WHY?
- 4. WHAT'S A VALUE OR PRINCIPLE YOU WANT TO STICK TO, EVEN WHEN IT'S HARD?
- 5. WHAT'S ONE WAY WE CAN MAKE OUR
  RELATIONSHIP STRONGER?

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