

Conversation starters

For after a check-in, or any quiet moment. Ask one, then listen.



Opening up (any feeling)

- What's one word for how you feel right now?
- Where in your body do you notice it?
- What happened just before you felt that?
- Is this feeling new today, or has it been around for a while?

When it's a good day

- What made it good?
- Who was part of it?
- What would make tomorrow feel like this too?

When it's a hard day

- What would help right now, even a little?
- Who do you like to be around when you feel like this?
- What usually helps when this feeling shows up?
- Is there something you'd like me to know?

For the whole class (an opener, or a Topic check-in)

- What's one thing you're looking forward to this week?
- What's something that's been on your mind?
- What does a good day at school feel like?
- What's one thing that helped you this week?

What to do with the answer

Thank them. Don't fix it straight away. Say the feeling back to them, and ask what would help. If something a child says needs an adult's help, follow your school's usual steps.

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