THE CONVERSATION STARTER PACK

DIGITAL VERSION



SOUND IT

OVERVIEW

It can sometimes be difficult to have conversations with your kids about their emotions, but as their parent or caregiver it's important to check in with them often. This Conversation Starter Pack (CSP) can help you open up a conversation with your kids, and get in the habit of having regular conversations about what they're thinking and feeling even when you aren't using these cards as a guide.

The CSP is designed to give you the space and tools to connect with your kid(s) and spark meaningful conversations about emotional wellbeing. Emotional wellbeing is an awareness of understanding and acceptance of our feelings. It's our ability to manage challenges and change. We hope this pack can help to educate and empower your children to speak openly, and break down the stigmas surrounding conversations of emotional wellness.

Expert tip: If you really want to set the vibe, play our exclusive <u>Sound it Out Album</u> while using the CSP.



HOW TO PLAY

The CSP includes several different categories including: Anxiety, Emotions, Support System, Friendship and Social Media. Each category includes questions that explore each theme. Begin by reading a category card to better understand the topic and the key takeaways to exploring the topic with the young people in your life.

STEP 1: Before starting the game for the first time, we recommend that you (the parent/caregiver) complete the reflection questions on your own. After you complete the reflection questions, you and the young person/people in your life can begin the game together.

STEP 2: Make sure all participants have a pen and paper handy for the written activities.



HOW TO PLAY

STEP 3: All participants will review the feelings cards to check in with their emotions at the beginning and throughout the game.

STEP 4: Begin by choosing a category and then reading the category card aloud together. Anyone can also opt to skip any card at any point. There's no pressure to respond to every question.

STEP 5: When ready, proceed to the "Write it Down" cards for the final activity. Discuss your answers together.

STEP 6: There's no right or wrong way to play the game. You may find it helpful to sit down with your child and go through every card, or may prefer to go through a few cards every week. Have fun and make the conversation your own!



HOW TO PLAY

If at any point you need assistance with anything your child raises with you, or if you notice behavior/verbal cues of tension, intense worried thoughts, sweating or dizziness, or inability to concentrate, please visit our crisis resources page for more guidance.





CATEGORIES

FEELINGS

ANXIETY

EMOTIONS

SUPPORT SYSTEM

FRIENDSHIPS

SOCIAL MEDIA

ADDITIONAL QUESTIONS

FEELINGS CARD

As you move through the Conversation Starter Pack, you can use these feelings and emotions cards. These cards can help you identify the types of feelings and emotions that may come up during the game, after the game, and can also be utilized for daily check-ins between parents/caregivers and young people.

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HAPPY

Playful

Love

Grateful

Safe

Calm





Excited

(Curious)

Weird

Creative

Confident





(Cranky)

(Challenged)

Annoyed

Frustrated





Sleepy

Lonely

Left Out

 $ig(\mathsf{Disappointed} ig)$

Bored



AFRAID

Shy

Worried

Unsafe

Overwhelmed)

Nervous



DISGUST

Guilty

Jealous

Embarrassed

Not Good Enough



Anxiety is an emotion characterized by feelings of tension, intense worried thoughts and physical changes like increased heartbeat, blood pressure, sweating or dizziness. When we open up about our worries or fears and recognize how anxiety shows up for us, we can cope with those feelings.

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What makes you feel anxious?

Do you have any ideas why that may cause you anxiety?



What does anxiety feel like to you emotionally and how do you feel physically?

(ex: tightness in chest, constant worrying, butterflies in stomach)



What are some of your favorite activities that help you feel better when you're feeling anxious?



We all feel a wide range of emotions, and that's normal and healthy. No emotions are "good" or "bad." Learning to recognize, manage, and express our emotions in a healthy way can have a positive impact on all areas of our life.

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What's one way that your parents or caregivers show (or showed) you they cared about you?

Is there one thing you wish maybe they did differently to support your emotional wellbeing?

Which emotions are easiest to talk about or show to other people?

Which ones are hardest?

Why do you think that is?



Some emotions, like anger, stress or sadness, may not feel good to experience, but everyone feels that way sometimes.

What are some healthy ways to express those emotions when they come up?

Can you think of a song or a song lyric that describes how you feel today?

Are there any particular songs you've been listening to a lot lately?

How do those songs make you feel?



Having a solid support system in our lives is key to maintaining our emotional health. There is nothing wrong with asking for help. Reaching out to people we trust is a form of self-care and can help us take some pressure off when we're feeling overwhelmed. These questions will help you better understand the types of people you have in your life who can lend a hand to you and vice versa.

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When you're having a bad day or are trying to solve a problem, who do you feel like you can talk to (friends, family, counselors, etc.)?



Can you provide any examples of times when you received emotional support from someone?

What did they do, and how did that make you feel?



Share a situation or moment when you wish you could have gotten more support from someone?

Socializing and spending time with friends can help to increase our sense of belonging, improve our self-confidence and even help reduce stress. Sometimes our friends can be our go-to people to chat and get advice from. These questions will help you think about the types of conversations about emotional health you have with your inner circle.

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Do you and your friends talk about your emotions?

Do you feel like you can be open and honest with your friends?

Who are your closest friends or family members?

What do you like about spending time with them?

How do you feel while hanging out with your friends or kids at school?

How about after?



Social media can be a great way for both adults and young people to talk about their experiences, since every generation uses social media. As an adult, if you don't use social media, the young people in your life can just answer.

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Why do you use social media?

What's your favorite and least favorite thing about social media?

How do you feel while using social media?

How about after?



What healthy boundaries can we set around social media to support our wellbeing?

ADDITIONAL QUESTIONS

There's nothing wrong with a little bit of fun! This section includes some additional light-hearted and more thoughtful questions to help you and your child connect, with hopefully some laughs in between. You might even learn something new about each other

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What's your favorite movie?



What's one superpower you wish you had?



Who is your favorite music artist?



What's your favorite song to listen to when you're having a bad day?



What's your favorite song to listen to when you're having a good day?



What's one thing that brought you joy this week?



What's one thing you're really looking forward to this month?

Can you think of a time that you felt discriminated against?

How did that make you feel?

What would you do if you never had to deal with discrimination ever again in your life?



Have you ever experienced or witnessed racism?

If so, how did you react and/or feel?



What's your earliest memory connected to your racial and/or gender identity?

What did you learn from that experience?



Would You Rather

Always be cold or always be hot?



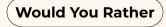
Would You Rather

Live a hundred years in the future or a hundred years in the past?

Would You Rather

Be a famous singer or a famous actor?





Be in an action movie or a comedy movie?





Have more time or have more money?



ACTIVITY

On your own piece of paper, write down 3 things that you've felt stressed, anxious, or fearful about today, this week, or even in the last month.



ACTIVITY

On a separate piece of paper, write down 3 things you are grateful for.

