

# THE CONVERSATION STARTER PACK

DIGITAL VERSION



SOUND IT  
OUT

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## OVERVIEW

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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 [Sound it Out Album](#) while using the CSP.\*

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## HOW TO PLAY

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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.

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## HOW TO PLAY

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**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.

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## HOW TO PLAY

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Have fun and make the conversation your own!

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.

↓ LET'S BEGIN! ↓

## ADULT SELF-REFLECTION QUESTIONS

# MODELING BEHAVIORS

How do you express or discuss your own emotions?  
What kind of example or message might this send to your kids?



## ADULT SELF-REFLECTION QUESTIONS

# MODELING BEHAVIORS

How might it benefit your kids to know that you sometimes experience challenging emotions too?



## ADULT SELF-REFLECTION QUESTIONS

### SELF-CARE

How do you practice self-care?

Why might it be important for your kids or the young people in your life to see you practicing self-care?

What kind of example or message does this behavior send?





## ADULT SELF-REFLECTION QUESTIONS

### SELF-CARE

As a parent and/or caregiver, it can be a struggle sometimes to find time and space to take care of yourself.

What's something free and that takes very little time that you can commit to doing for YOU at least twice a week?



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## ACTIVITY

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Scan this code to listen to the official “Sound It Out” Album while you play.



# SKIP

Use the skip card at any point in your conversation. There's no pressure to respond to every question.



# CATEGORIES

**FEELINGS**

**ANXIETY**

**EMOTIONS**

**SUPPORT SYSTEM**

**FRIENDSHIPS**

**SOCIAL MEDIA**

**ADDITIONAL QUESTIONS**

**CHECKING IN**

**IDENTITY**

**ACTIVITY**

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## FEELINGS CARD

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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



# SILLY

**Excited**

**Curious**

**Weird**

**Creative**

**Confident**



# MAD

**Cranky**

**Challenged**

**Annoyed**

**Frustrated**





# SAD

Sleepy

Lonely

Left Out

Disappointed

Bored



# AFRAID

Shy

Worried

Unsafe

Overwhelmed

Nervous



# DISGUST

Guilty

Jealous

Embarrassed

Not Good Enough



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## ANXIETY

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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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## ANXIETY

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**What makes you feel  
anxious?**

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



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## ANXIETY

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

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



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## ANXIETY

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



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## EMOTIONS

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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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## EMOTIONS

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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?**



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## EMOTIONS

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

Which ones are hardest?

Why do you think that is?



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## EMOTIONS

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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?



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## EMOTIONS

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



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## EMOTIONS

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

How do those songs make you feel?



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## SUPPORT SYSTEM

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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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## SUPPORT SYSTEM

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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.)?**



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## SUPPORT SYSTEM

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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?





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## SUPPORT SYSTEM

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



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## FRIENDSHIPS

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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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## FRIENDSHIPS

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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?**



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## FRIENDSHIPS

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**Who are your closest  
friends or family  
members?**

**What do you like  
about spending time  
with them?**



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## FRIENDSHIPS

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

How about after?



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## SOCIAL MEDIA

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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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## SOCIAL MEDIA

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**Why do you use  
social media?**

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



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## SOCIAL MEDIA

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How do you feel while  
using social media?

How about after?





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## SOCIAL MEDIA

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



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## ADDITIONAL QUESTIONS

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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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## — ADDITIONAL QUESTIONS —

**What's your favorite  
movie?**



## — ADDITIONAL QUESTIONS —

**What's one superpower  
you wish you had?**



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## ADDITIONAL QUESTIONS

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**Who is your favorite  
music artist?**



## — ADDITIONAL QUESTIONS —

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



## — ADDITIONAL QUESTIONS —

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



## — ADDITIONAL QUESTIONS —

**Would You Rather**

**Always be cold or  
always be hot?**

???



## — ADDITIONAL QUESTIONS —

### Would You Rather

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



## ADDITIONAL QUESTIONS

**Would You Rather**

**Be a famous singer or  
a famous actor?**

???

## ADDITIONAL QUESTIONS

### Would You Rather

Be in an action movie or  
a comedy movie?



## — ADDITIONAL QUESTIONS —

**Would You Rather**

**Have more time or have  
more money?**



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## CHECKING IN

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



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## CHECKING IN

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



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## CHECKING IN

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On a scale of 1 to 10  
how would you rate  
your day?

Why did you choose  
that number?



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## CHECKING IN

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**Tell me one a good  
and not so good thing  
about your day.**





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## CHECKING IN

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What's been making  
you happy lately?

What's been bringing  
you down lately?



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## IDENTITY

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

**What did you learn from that experience?**



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## IDENTITY

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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?



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## IDENTITY

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**Have you ever  
experienced or  
witnessed racism?**

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



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## IDENTITY

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What are the times you  
feel most connected  
to your racial or ethnic  
identity?

How does that  
make you feel?



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## IDENTITY

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Have you ever felt  
“different” in a group  
setting because of your  
race or identity?

How did this affect you?



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## IDENTITY

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**What would it look like  
or feel like if racism or  
discrimination didn't exist?**



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## ACTIVITY

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**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.**





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## ACTIVITY

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

