

CONVERSATION CARDS

I feel angry when...



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If I could do anything for a day I would...



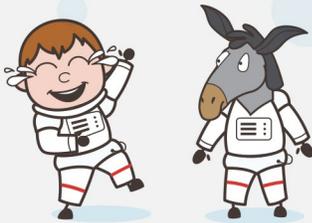
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I am good at...



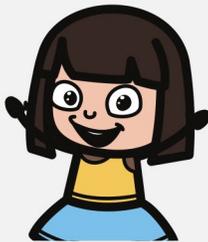
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If I was an animal I would be a...



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I feel happy when..



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At school, I feel...



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I want to learn about



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I feel sad when..



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I feel sad when..



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# MIGHTIER™

## CONVERSATION CARDS

If I was younger,  
I would...



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I feel jealous
when...



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I dream about...



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I help
others by...



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I feel proud  
when...



~~~~~

feel confident
when...



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My teacher  
would say that I...



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My family would
say that I...



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I feel  
frustrated by...



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MIGHTIER™

CONVERSATION CARDS

I hope...



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I am thankful for..



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I feel confused when...



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Someone I can talk to is...



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I would like to go to...



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My friends would say that I...



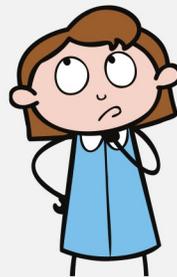
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If I was older I would



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I wonder...



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I wish that...



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# CONVERSATION CARDS

I feel worried  
when...



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I love...



~~~~~

I remember  
when...



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Cut out and shuffle the cards, then turn it into a game using these ideas below:

1

1. Use them with the child's favorite game. Turn the deck of conversation starter cards over. Each time it is someone's turn, that player picks up a conversation card and reads it to another player to complete the sentence. Take turns asking questions back and forth between players.

2

2. Pick a card of the day. Have the child pick a card from the deck daily. Encourage them to complete the sentence and to ask others (friends, family members, and others) to complete the prompt as well. Reflect on what the child has learned about others and themselves.

3

3. Make your own game. Some children find answering these prompts with an adult or other children a game in and of itself. Simply turn the deck of cards over and take turns completing the sentences.

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