

**B B C**  
**CHILDREN**  
**IN NEED**

# **CONVERSATION** **STARTERS**



## CONVERSATION STARTERS

Just like adults, children can have daily worries. Listening to how young people feel and supporting them to seek help when they need it, can all begin with an ordinary conversation. Starting these conversations and helping young people to work out problems by talking about them, can really help to keep a young person's mental health on track.

We know it can be tough to know what to say though. So if you're looking for ways to start a healthy discussion, try some of our simple conversation starters below.

And remember, talking doesn't have to be a formal affair. Why not play a game, go for a walk, craft or bake whilst you chat – pick an activity that you both enjoy so it feels natural – there are lots of ways to ease yourself into a conversation that can make a real difference.

**What made you feel happy today?**

**Where do you feel safe and calm?**

**What would your ideal day be like?**

**Is there anything that's on your mind when you're trying to go to sleep?**

**It's okay to ask for help and you can always ask me if you need any.**

**What difficult things are you going through at the moment?**

**How are you feeling about.....?**

**What colour/animal represents how you feel today?**