

Open Up A Conversation

**What makes you
feel happy?
Why?**

**Who do you
admire? Why?**

**What could I
do to help you
feel better?**

**What was the
best thing that
happened to
you today?**

**Tell me about one
thing you learned
today. What made
it interesting?**

**What's your
favourite thing
about yourself?
Why?**

**What makes you
feel safe? Tell me
a bit about it.**

**What makes you
feel confident?
Why?**



Open Up A Conversation

**Tell me about a
time you've felt
proud of yourself.
What happened?**

**What makes you
feel sad? Let's
talk about it.**

**What do you
think life will be
like in 100 years?**

**Tell me more
about your friends.
What do you like
about them?**

**If you could
travel anywhere in
the world, where
would it be? Why?**

**What would your
perfect day be like?
What would you do?**

**What do you want
to do this weekend?
Tell me about it.**



Connect and Chat

Learn to cook something new together. What's your favourite food?

Go for a walk together. How does being outdoors make you feel?

Listen to your favourite songs together. How do they make you feel?

Draw a picture of each other – the sillier the better.

Have a film night. One of you chooses the film, the other the snacks.



Connect and Chat

**Dance! Put on your
happiest music and
get moving.**

**Write letters for
your future selves.**

**Have a paper
aeroplane competition.
Whose can fly the
furthest?**

**Read the same book
- then talk about it.**

**Write a list of three
things each that
you're grateful
for today.**

