



## Conversation Starters



If you are getting your family together and struggling to find something to talk about, try some of the suggestions below to get the conversation flowing! Often, all you need is a starting point then the conversations can take on a life of their own from there. That's what makes them so interesting!

**How are you feeling?**

This is a great way to explore and introduce talking about emotions because let's face it, most of us tend to keep them to ourselves! This will help all of you get better at sharing how you feel rather than bottling it up. Sharing is great for everyday mental health!

Talking about why we feel a certain way helps us to understand our emotions in a better way and realise the effects daily situations can have on our mood. It is also a great way to change your mood, other peoples input can help you see things from a different perspective.

**Why do you feel this way?**

**What do you like about you?**

Get everyone use to talking about themselves in a positive way. This may seem hard at first as we are so use to negative self-talk. The more you do it, the easier it becomes!

This is a fun one! Look back on all the great times you have had together as a family. We often get bogged down in the day to day, this is a brilliant way to remind you of all the fun you have had along the way!

**Discuss a family memory**

**Today's Top Talking Points**

A rephrase on the classic 'How was your day?' Start talking about anything of interest that happened today, let the children follow your lead, asking them questions as you go.

Conversations normally need someone to take the lead, don't be put of by silence or short answers – keep prompting and setting an example, the conversations will get easier the more practice you do!