

GIRLS  
LEADERSHIP

All kinds of powerful.



27 WAYS TO

**SPARK  
DEEPER  
CONVERSATIONS**

AT HOME

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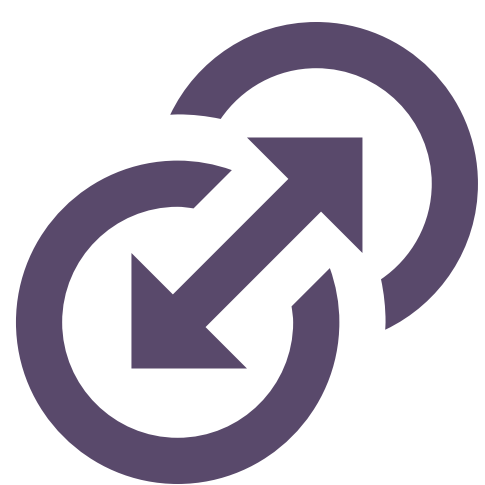
# NOTICE AND SEE



When you pose the following questions to your child(ren), notice what your child is saying and how you feel about their responses.



Expect and allow all responses (e.g. humorous, serious, melancholy, defensive), remembering that all behavior is information. The way your child responds to you is a great source of information about how your child is doing and feeling, so stay in the moment and be curious!



Your child(ren)'s responses and your reactions to what they express can give you insight into both how you and your children are feeling about yourselves, your relationship and current circumstances.

The list below are suggested questions for starting the conversation. Enjoy the opportunity to ask questions and listen from a place of love!

- What do you wish we would do more often as a family?
- What is something that you did that made you feel courageous?
- If you could invent something new, what would it be?
- What is something that happened recently that made you feel scared or alone?
- What is one thing you would like to know more about?
- What is something that is difficult or challenging for you right now?
- What did you learn about yourself today?
- Describe yourself in one word.
- If you could add anything to your day, what would it be?
- How do you know when you feel comfortable vs. uncomfortable?
- If you could ask the universe for anything, what would you ask for?
- If you could let go of your nerves long enough, what would you try?
- If you had enough support, what would you do?
- If the pandemic were a person, what would you say to them?
- If you could have a superpower, what would it be?
- What is something you love to do?
- What is one thing I can help you talk more about this week?
- What is your favorite thing to daydream about?
- If you could change anything about your life, what would it be?
- If you had your own motto, what would it be?
- If you could change anything about our family, what would you change?
- If you could have 3 wishes granted, what would they be?
- What are you the proudest of in your life?
- When do you feel the happiest?
- What's the best gift anyone has ever given you?
- What would be the perfect day? (from the moment you wake up until you go to bed)
- Tell me your rose (a happy, beautiful, enjoyable experience) and your thorn (a prickly, tough, difficult experience) from the day.
- Is there anything you have always wanted to ask me but didn't? Do you want to ask me now?