

## RESILIENT CONVERSATIONS

When child is playing say:

*What are you playing?*

*Tell me about your –picture, figure, object etc.*

*How did you do (or make) that?*

*What else can you do with it?*

*Would you like me to play too?*

*If other playmates are near: Can (name) play, too?  
What can he do?*



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## RESILIENT CONVERSATIONS

My Ideas:



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## RESILIENT CONVERSATIONS

To talk about difficult feelings :

*When accidents happen, I feel \_\_\_. Have you felt like that? Tell me about it.”*

*You seem disappointed/sad/angry; what happened?*

*Your grandma is gone for 3 weeks, how are you feeling?*

*It's hard when a pet dies. How would you handle it?*



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When outside playing or walking, say:

*What do you want to do?*

*What do you see? What do you know about it?*

*How does that living thing grow?*

*What is your favorite thing to do?*

*Tell me what you're thinking.*

*I'm wondering what do you think about . . . ?*

*Tell me when you want to rest or go home.*



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To encourage -Use OFTEN:

*You did a good job on . . . . .*

*I was proud of you when . . . . .*

*I am glad you are . . .*

*You are talented at . . .*

*I like how you handled . . . .*

*I appreciate it when you . . .*

*Thank you for . . . . .*



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To calm stress:

*BREATHE IN and OUT*

*In your favorite place, what color is it?*

*What is your favorite smell?*

*From a hot air balloon, what can you see?*

*What are you doing at the beach?*



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## RESILIENT CONVERSATIONS

### CHILD STRENGTHS REMINDERS:

**ABILITIES:**

**PERSONAL QUALITIES:**

**Why you love your child:**

**What you need to tell your child:**



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### To talk about different emotions:

*What was something someone said that made you feel ---happy, uncomfortable, disappointed, frustrated?*

*How do you feel the night before your birthday?*

*What if the cookies were gone before you got one?*

*What if your friend got invited to a party and you didn't?*



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### To understand others:

What would you do if a friend got hurt?

How would it feel if a school friend won a big award?

How would you help a sad brother/sister or cousin?

How can you tell if someone feels embarrassed?

What would you do if you saw a crying child alone in the park?



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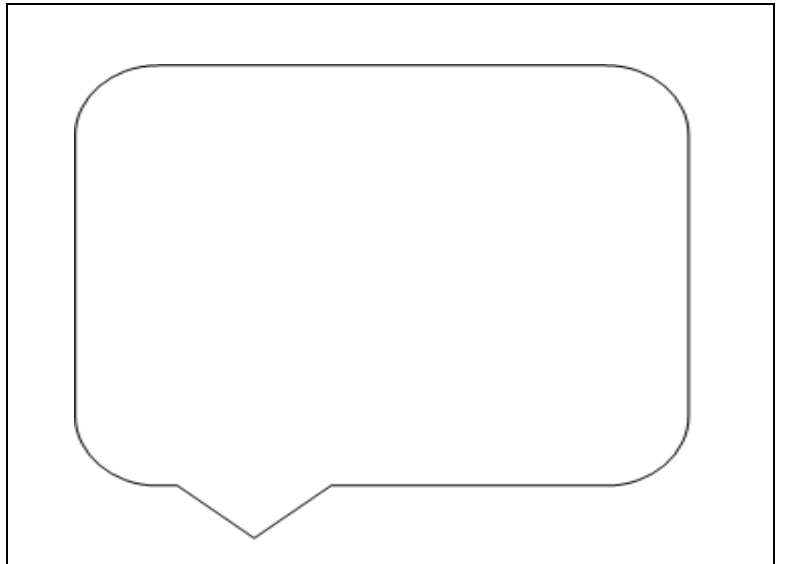
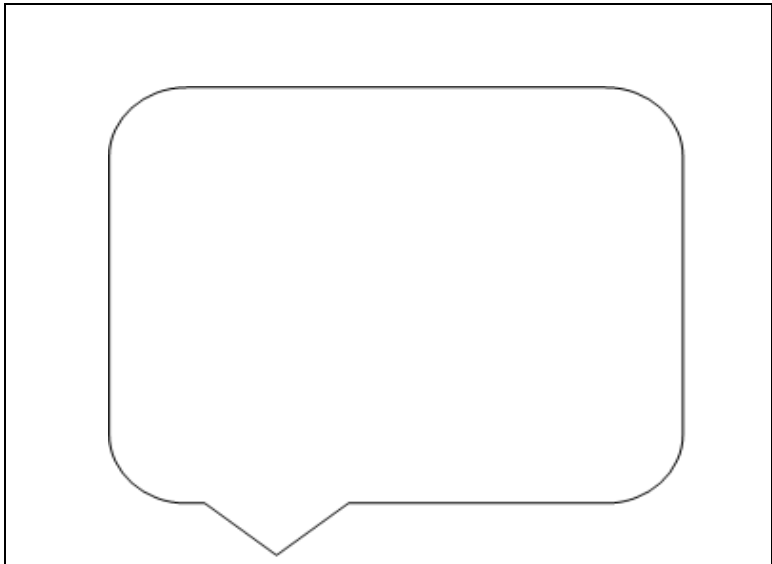
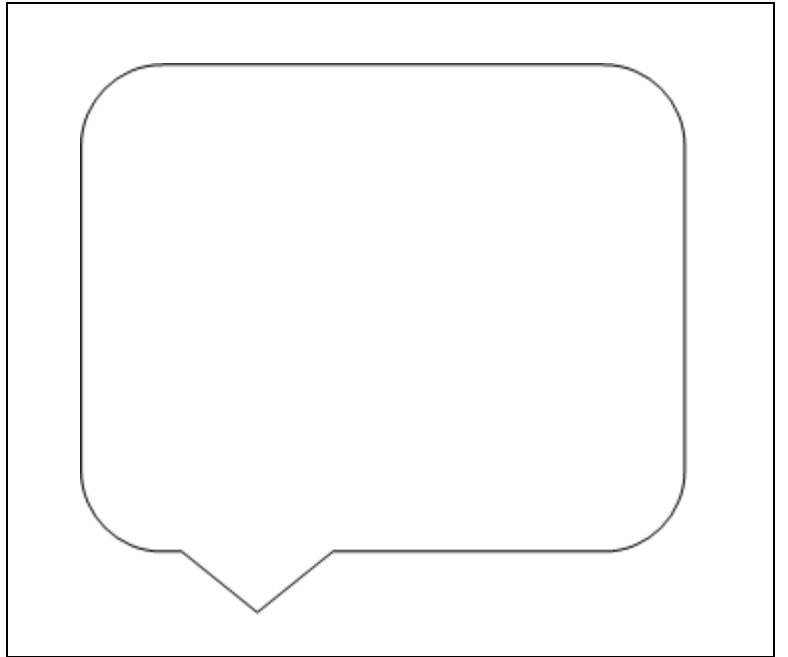
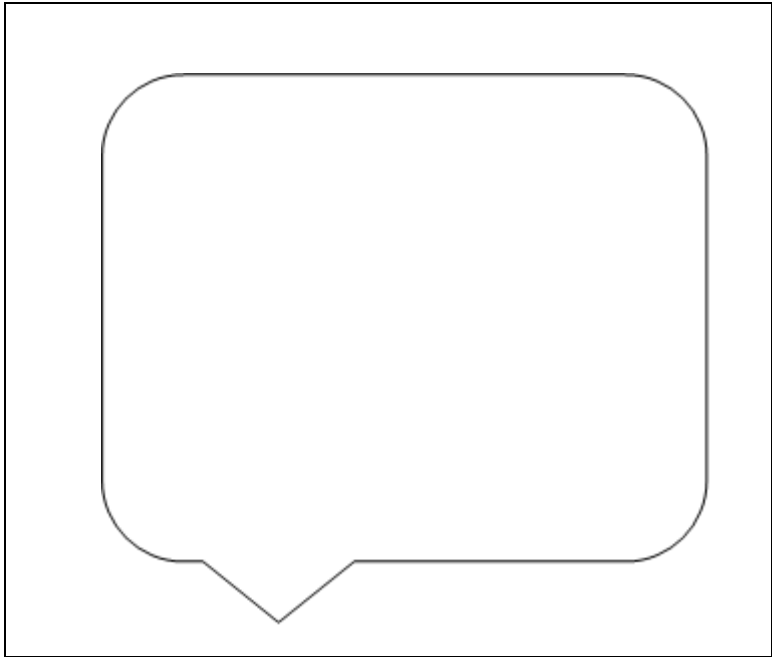
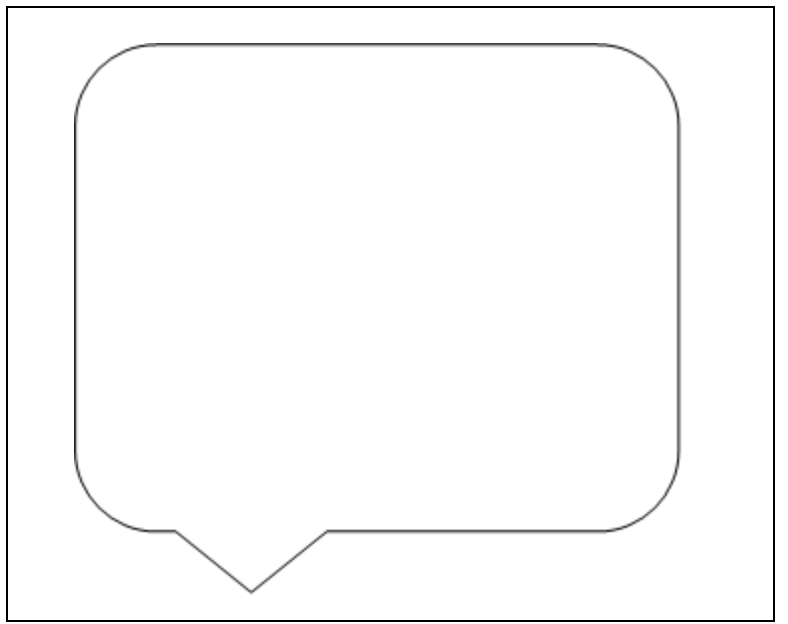
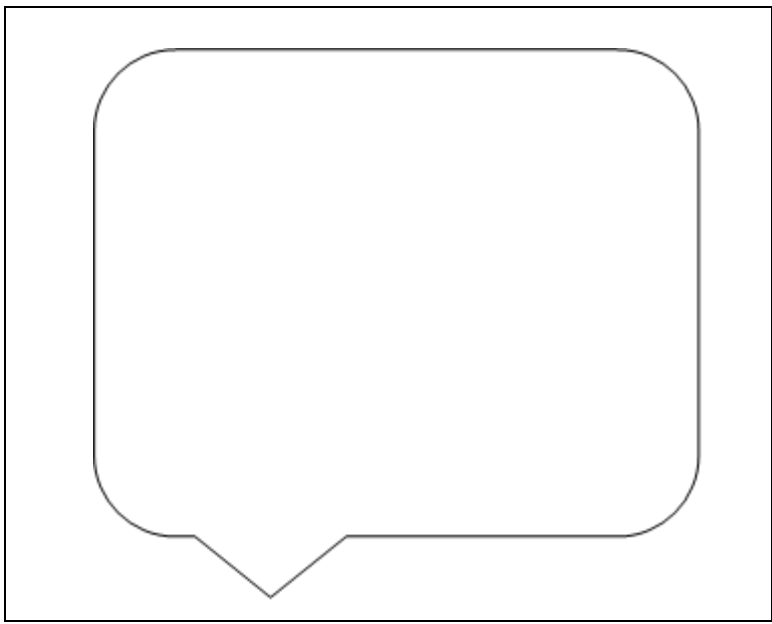
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## RESILIENT CONVERSATIONS



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*Ashland County Brainy Resilience*

# RESILIENT CONVERSATIONS CARDS

## ASSEMBLY INSTRUCTIONS

Print the cards two-sided with blanks on reverse side of each.  
(We printed on GREEN CARDSTOCK paper for variety.)  
Laminate for durability.

Cut individual cards and punch a hole in upper left or right side. Attach to a keyring or ribbon for easy use at home, on errands, on a walk or other place adults go with children.

Additional conversation starters can be added to the blank sides of the cards.

