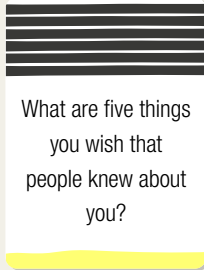


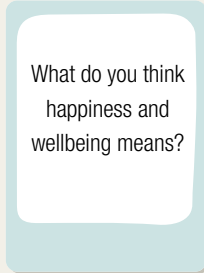
For parents and caregivers

It can be really difficult to have meaningful conversations with kids around mental health.

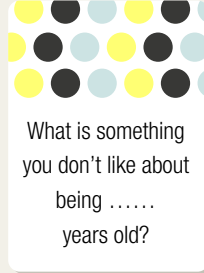
Below are some ideas for conversation starters for kids to talk about their mental health.



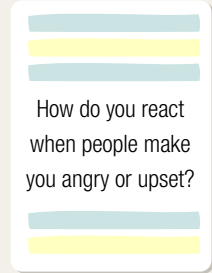
What are five things you wish that people knew about you?




What do you think happiness and wellbeing means?



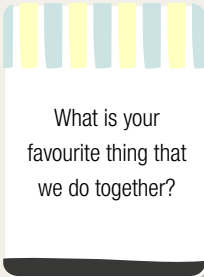
What is something you don't like about being years old?



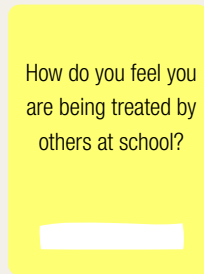
How do you react when people make you angry or upset?



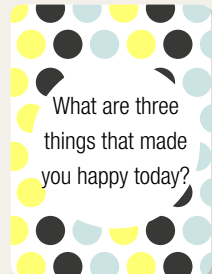
What are the things you need to feel safe and secure?




What is your favourite thing that we do together?



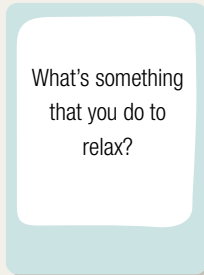
How do you feel you are being treated by others at school?



What are three things that made you happy today?



What was the best thing that happened to you this week?



What's something that you do to relax?



What's something you love about your life?

