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**Conversation Starters for Kids About Mental Health**

1. What are you most grateful for?
2. What are you most looking forward to this week?
3. How do you feel about things changing?
4. What color best describes how you’re feeling today? More than one color?
5. What are the most interesting things about you?
6. What animals would we all be and why?
7. If you were a superhero, what would your power be and what would you be called?
8. What scares you and why?
9. What are you most proud of?
10. Miracle Question: *“Imagine that while you were sleeping tonight a miracle happened. While you slept, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insert problem here) mysteriously disappeared. When you got out of bed the next morning, what would be the first thing you noticed that would clue you in that a miracle had happened?”*