

♥ Finding Your Voice ♥

.. ♥ Conversation Starter Cards for Kids ♥ ..

1

What is something you wish grown-ups understood about you?



2

When is it easiest for you to say what you are thinking?



3

When is it hard to find the words you want to say?



4

What helps you feel brave enough to speak up?



5

If your voice had a superpower, what would it be?



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6

What is something
you would like to say
“no” to more often?



7

What is something
you would like to say
“yes” to more often?



8

How can someone tell when
you have something
important to say?



9

What could you say if
someone was doing
something you didn't like?



10

What does feeling
listened to look like
for you?



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11

Who is someone
you feel safe
talking to?



12

What makes someone
a good listener?



13

If you could change one
rule at home or school,
what would you change?



14

What is something
you believe
strongly about?



15

Tell me about a time
you spoke up for
yourself.



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16

Tell me about a time
you spoke up for
someone else.



17

What could you say
if you needed
some space?



18

What could you say
if you needed help?



19

What could you say
if you didn't understand
something?



20

How does your body tell
you that something
doesn't feel right?



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21

What would you like people to ask you more often?



22

If your feelings could talk today, what would they say?



23

Finish this sentence:
"I want you to know..."



24

Finish this sentence:
"I feel strongest when..."



25

What is one thing you want your voice to be used for?

