

START A CHAT WITH AN ADULT YOU TRUST...

What was the best part of your day?

What part of the day makes you feel worried or nervous?

Any funny moments to share from this week?

What part of the day do you look forward to the most?

If you could have a secret superpower, what would it be?

What was the hardest part of your day?

Tell me about a time when you were a kid and got anxious.

How are you feeling right now?

What's one word to describe you?

What is something that makes you feel proud?