



CONVERSATION STARTERS

Use these to generate conversation or make it an activity or game!

Big and Little can go back and forth, picking a category, asking the other person to pick a number, and then being asked that corresponding question.

Connection

1. What is your favorite thing we have done together?
2. What have you been watching lately?
3. What TV series or movie would you recommend for me and why?
4. What is something you are really looking forward to?
5. What is the best city in the world?
6. What is one of your favorite things that happened this week?
7. Describe each other in three words
8. Describe your perfect day
9. What's your favorite joke?
10. Would you rather take a picture or be in a picture?
11. If you could trade places with anyone for a day who would it be?
12. What is your favorite color?
13. If you had three wishes, what would they be?
14. If you could be any animal what would you be?
15. If you could have a superpower, which would you chose?

Memories

1. When was the last time you laughed so hard you cried?
2. What was your favorite trip ever and what do you remember?
3. What is your favorite memory from the year?
4. What is your favorite memory with your best friend/caregiver/sibling?

Who are your people?

1. Who was the last person to make you laugh really hard?
2. What did they say/do that made you laugh?
3. Who makes your favorite meal?
4. What are some things you really like about your friends?
5. Who do you feel you can show up 100% as yourself with?
6. Who do you feel the closest to right now?
7. Who do you go to when you are sad?
8. What is one thing you don't know how to do, but you wish you did?

Seasons of transition

1. What is your favorite thing you have done this summer/winter/spring?
2. How do you hope the next school year will go? Anything you hope goes differently?
3. What do you plan to do if you get bored over break (spring/winter summer)? (Maybe take an opportunity to make a list of things to do)
4. How do you typically spend your breaks?
5. What would you like to do once the weather is warmer/cooler?
6. Do friendships or relationships feel any differently this school year?
7. Are there any things you are nervous about with the new school year/school year ending?
8. What is something you would like to try before school starts/ends?



Who are you?

1. Which song or movie best represents your life?
2. What is your healthiest and worst habit?
3. What is one thing you can't live without?
4. What is something you are really proud of?
5. Do you like to cook?
6. What is your favorite and least favorite food?
7. Which season is your favorite?
8. What would you like to be known for?
9. What three words best describe you?
10. What's a story you love to tell?
11. What are you most excited about growing up?
12. What are your favorite qualities in yourself?
13. What things in your life make you smile?
14. Name two things you do really well?
15. How would your friends or siblings describe you?
16. If you won the lottery, what would you do with it?
17. What is your favorite book?
18. What is the best smell you ever smelled?
19. What makes you nervous?

Going deeper

1. What should be taught at school that is not?
2. How would you like to change this year?
3. How do you stay positive?
4. What was the hardest part of this year for you?
5. What is something you hate being asked?
6. Tell me about a time someone was nice or mean to you?
7. What are three things you are grateful for?
8. How do you handle stress? (May discuss breathing techniques, mindfulness, relaxing environments, trusted adults)
9. What is the most difficult decision you have made? How did you handle it?
10. What are you most nervous about this upcoming school year?
11. What has been the hardest thing for you this school year?
12. What's the hardest thing about being you at the moment?
13. What do you wish your caregivers understood about you?
14. When was the last time you helped someone without being asked?

Goals

1. Are there any things you have thought about trying? (sports, new hobbies, instruments)
1. What has kept you from starting?
2. What sports would you be interested in trying?
3. Is there anything you would like to learn how to cook or bake?
4. Is there anything you are working on right now?
5. Any habits you are trying to change?
6. What is something you've been working on this summer/school year?
7. What is one goal you have for the next school year?