



Mind Moose

Family Conversation Cards

Why use the cards?

We all know that talking to your child is a great way to build a close relationship, share thoughts and feelings, and discover more about each other.

However, sometimes it can be difficult to get the conversation flowing, especially when you have both had a long day at school and work.

These conversation starter cards are designed to help you and your child talk about your days in a fun, positive way. Use them as cues to get a conversation flowing about the important things in life.

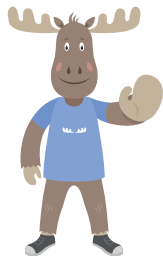
How to use the cards:

- * Firstly you need to print them on to card (or paper is fine too) and cut them out.
- * Find a quiet time when everyone has eaten (after dinner or before bed).
- * Take turns to pick a card and read out the question before answering.
- * Take time to really listen to your child's answers and consider your own.
- * Allow your child time and space to think
- * Ask follow up questions to their answers in a kind, gentle way
- * Consider and share thoughts about different areas of your life.
- * If your child is reluctant to use the cards, try sharing with another adult within earshot of your child before inviting them to join you.
- * Create your own cards together to add to the pack!

We really hope you enjoy using the cards with your child!

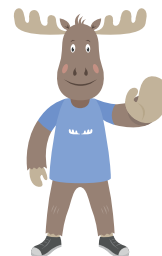
The Mind Moose Team

What was the best thing about your day?



www.mindmoose.co.uk

What was your proudest moment today?



www.mindmoose.co.uk

Who or what made you smile today?



www.mindmoose.co.uk

Who have you enjoyed spending time with today?



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Who or what made you laugh today?



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What was the nicest thing someone said to you today?



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What interesting thing(s) did you find out today?



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What was the most delicious thing you ate today?



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What kind things have you done today?



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Who has been kind to you today?



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How would you rate your day on a scale of 1 - 10?



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What (if anything) has upset you today?



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