



# FEBRUARY BOOK CLUB CONVERSATION PROMPTS

ELEMENTARY - GRADES K-5

- How are you feeling today?
  - Avoid asking "What's wrong?" But instead allow them to share what's on their mind.
- What happened today that made you feel \_\_\_\_?
  - You fill in the blank. Asking your child these questions helps to avoid responses that will not end in "yes" or "no"
- Is there anything that you want to share that may be hard to say?
- Use emotion words to label how you are feeling in conversation to set an example.
- Ask the child to make a list of emotions they have experienced in a part of a day and what led them to feel them.
- Use a emotions word list or faces worksheet to help your children connect their feelings with words and express feelings through facial expressions.

For additional resources to support children & families, visit  
[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)