



Small talk discussion cards

Self-exploration and coping skills



What's something you're really good at?

What do you do when you feel nervous?

What's one thing you'd love to learn?

What's a place that makes you feel safe?

Can you think of a time
when you were really brave?

Imaginative and hypothetical prompts



Where would you go if you could visit
any place in the world?

What would you do if you
found a magic wand?

If you were a superhero,
what would your name be?

What's the best dream you've ever had?