

"3 Brave Conversations," An Emotions Starter Guide for Parents

These conversation starters can help your child open up about his/her feelings in a safe, simple way. They build confidence, strengthen connection, and make it easier for kids to understand and express what's inside.



Anger & Sadness

"It's very important that you know that sometimes we feel big feelings like anger or sadness, and that's okay because feelings are never wrong. Can you show me with your hands how BIG that feeling feels right now? Let's breathe through it together."

Fear & Loneliness

"I want you to know that everyone feels scared or lonely sometimes, even grown-ups. If your worry had a name, what would you call it? Remember, you don't have to face it alone. I'm always here, and being brave doesn't mean never feeling afraid."



Excitement & All Feelings

"You know, excitement is a superpower, it means something really matters to you! What made your heart jump today? If it made you happy, scared, or surprised, I'd love to hear all about it!"

