

For Parents and Teens:

TEN WAYS TO START A CONVERSATION

- 1. How was today on a scale of 1 to 10 (where 1 is terrible and 10 is terrific)? What made it that way?**
- 2. What was the high point (low point) of your day?**
- 3. What is the good news and the bad news about today?**
- 4. What's something you were thinking about today?**
- 5. What happened today that you didn't expect?**
- 6. Tell me about something good that happened since the last time we talked.**
- 7. What's something you've done recently that you're proud of?**
- 8. What's on your mind these days?**
- 9. What is something you are looking forward to?**
- 10. Back-and-forth questions (take turns asking questions).**

—Tom Lickona