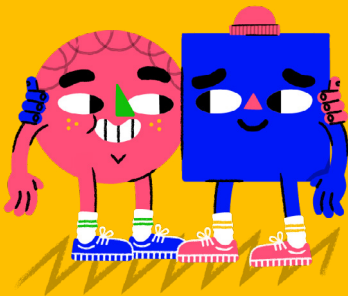


# CONVERSATION STARTERS

for 7-9 year olds



GLOBAL  
BOYHOOD  
INITIATIVE

coordinated by **equimundo**

# HOW TO USE THIS DECK

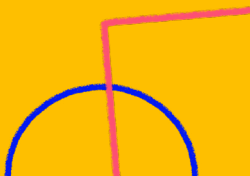
**Getting kids to open up isn't always easy.  
We hope these Conversation Starters help.**

We encourage you to bring an open mind to using the questions in this deck.

These cards can be used together with other Global Boyhood Campaign tools and content, or they can be used on their own.

Be sure to tell us @BoyhoodInitiative on Instagram how things went!

*Just know: It's totally okay if there are awkward moments, or long stretches of silence.*



## PARENT TIPS



**Your 7-9 year old is learning how to identify and regulate multiple, simultaneous emotions, cope and problem-solve, and understand the connection between physical expression and emotions. With these questions, you can start conversations aiming to help your child to understand the cause of their emotions and the emotions of others, learn how to process multiple feelings at once, and better communicate, deepen, and improve their relationships with friends and family.**

# HOW TO KEEP KIDS TALKING

- Put your phone away so you can give your full attention
- Create space for kids to express their emotions by reaffirming the conversation is confidential
- Take them seriously: show them you believe and value what they are sharing
- Show that you're listening: nod, repeat what you hear, ask clarifying questions
- Be aware of your actions and facial expressions
- Stay open-minded; don't assume you know how they will respond
- Ask follow-up questions: *"Tell me more about that."*
- Allow uncomfortable silences; try counting to 10 before breaking the silence
- Encourage them to make connections to broader social justice issues and to the world around them



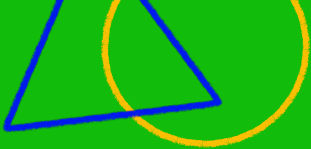
What emotions are you  
**FEELING  
TODAY?**

What colors would they be?

What made you think of  
those colors?



**SHARE EMOTIONS IN HEALTHY WAYS**



What makes you feel

**MAD?**

**SCARED?**

How does your body feel  
when you're mad or scared?

How do you calm down?



SHARE EMOTIONS IN HEALTHY WAYS



Do you ever feel nervous to

# ASK FOR HELP?



Who do you go to when you  
need help?

What qualities does that  
person have?



How do you make  
**NEW  
FRIENDS?**



**ACCEPT AND CONNECT WITH OTHERS**





What can you do if your  
friend or sibling is

# **BEING MEAN**

or doing something that  
makes you feel sad?

**ACCEPT AND CONNECT WITH OTHERS**




Who is your

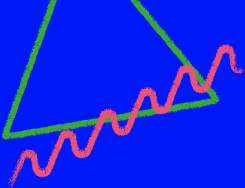
# **BEST FRIEND?**



What do you like most about  
spending time with your friends?



**ACCEPT AND CONNECT WITH OTHERS**




Have you ever seen  
someone being mean or  
bullying another person?

**WHAT CAN  
WE DO TO  
HELP?**

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**






Have you ever been

# **MEAN TO SOMEONE?**




How do you think it made them feel? How did it make you feel?

What might you do differently next time?



**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**



What do you think it  
**MEANS  
TO BE  
BRAVE?**

Have you ever had to be brave?

What helps you feel brave?

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**



The background is a solid yellow color. There are several geometric shapes: a green square outline in the top right corner, a green circle outline on the left side, and a blue triangle outline in the bottom right corner.

What can you do if  
someone is  
**BEING MEAN**  
to your friend or  
sibling?

**STAND UP & SPEAK OUT AGAINST BULLYING & INEQUALITY**



Can boys and girls  
**LIKE THE  
SAME  
COLORS?**  
Tell me more.

**BREAK FREE FROM STEREOTYPES**



What makes people  
**CRY?**



Is it always okay to cry?  
Can you tell me more  
about that?

**BREAK FREE FROM STEREOTYPES**