

CONVERSATION STARTERS

EVERYDAY CHECK-INS

1. What was the best part of your day?
2. What made you laugh today?
3. Did anything surprising happen today?
4. What's something small that made today better?
5. Who did you usually sit with at lunch?
6. What class felt the longest?
7. If today had a title like a movie, what would it be?
8. What's something small you're looking forward to tomorrow?

LIGHT & FUN

1. If you had a personal vending machine, what would it stock?
2. What would your superpower be if you could choose one?
3. If your lunch table had a theme song what would it be?
4. What's the weirdest school rule you've heard about?
5. If you could swap one class for a nap, which one's out?
6. Which class flies by the fastest?
7. If you could pick your school mascot, what would it be?
8. Who at school should have their own reality show?



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GOAL SETTING & MOTIVATION

1. What's one thing you want to get better at this semester?
2. Any class or activity you're hoping to enjoy more this year?
3. If you had a day off from everything, how would you spend it?
4. What do you want to feel proud of by the end of the school year?
5. When do you feel most focused or motivated?
6. What's something you'd try if you knew you couldn't fail?
7. Who's the teacher that explains things best?
8. Is there anything this week you want to get ahead on?

FUTURE FOCUSED

1. If you could shadow someone for a day, who would it be?
2. Is there a college or place you'd like to visit, even for fun?
3. If you could take a class on literally anything, what would it be?
4. What's one thing you'd want in a future job or college?
5. Have you seen any jobs lately that sound interesting?
6. What kind of lifestyle are you looking for after school?
7. Have you thought about visiting any colleges yet?
8. Would you rather work with people, ideas, or hands-on projects?



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SELF AWARENESS & REFLECTION

1. Who's someone you respect at school and why?
2. When do you feel most confident or comfortable being yourself?
3. What's something you know now that you didn't last year?
4. Who's been a positive influence on you this month?
5. Have you learned anything about yourself recently?
6. What's something you're proud of that not many people know about?
7. What kind of person do you want to be known as?
8. What do you think is misunderstood about your generation?

Sometimes the best talks start with the smallest questions. This list gives families and supporters ideas to spark conversations that go beyond the usual "how was your day." Use them in the car, while making dinner, or anytime you want to connect.