

# RAISING RESILIENCE

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## Conversation Starters for Kids & Teens

**Resilience is the ability to handle life's ups and  
downs.**

Part of Raising Resilience in kids is teaching them how to express their feelings. Having regular, open conversations helps kids learn that it's normal and OK to have any (and all) feelings and to share them with others.

Use these cards to get the conversation started.

### **Print and cut your own cards**

These cards are designed to be printed on standard letter size paper (8.5 inches x 11 inches) on any home or office printer.

To learn more about Raising Resilience, visit:

**[Strong4Life.com/rr](http://Strong4Life.com/rr)**

What was the best part of your day?

What was the hardest part of your day?

What's the funniest thing that happened today?

Go deeper:  
How did you navigate that?

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If you could be any animal, what would you be and why?

If you had a superpower, what would it be?

What's one of your favorite places to visit?

Go deeper:  
Why would it be that one?

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What's one of your favorite memories?

What's something that's hard for you?

What's something you're looking forward to?

Go deeper:  
How do you work through it?

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What do you feel excited about?

If you could be anywhere in the world right now, where would you be?

What's something you feel proud of?

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What's one way you helped someone else today?

What's your favorite song?

What's one thing you feel grateful for?

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Go deeper:  
How do you feel when you listen to it?

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What's something that makes you laugh?

What's a time you felt sad?

Who can you talk to when you need help?

Go deeper:  
How did you make yourself feel better?

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What's one of your favorite activities?

What are two things you're good at?

If you could wish for two things, what would they be?

Go deeper:  
What's one thing you'd like to work on?

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What makes you feel better when you're upset?

How are you feeling right now?

What's something that makes you feel nervous?

Go deeper:  
How has your mood changed today?

Go deeper:  
How do you manage it?

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What's something nice that someone has done for you?

What are you scared of?

If you could be a character from a book or movie, who would you be?

Go deeper:  
What's something nice you've done for someone else?

Go deeper:  
How do you overcome that fear?

Go deeper:  
How are they similar or different than you?

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## ESTRATEGIAS PARA COMENZAR UNA CONVERSACIÓN PARA NIÑOS Y ADULTOS

### **Resiliencia es la habilidad de manejar los altibajos de la vida.**

Parte de incrementar la resiliencia en los niños es enseñarles cómo expresar sus sentimientos. conversaciones abiertas regularmente ayuda a los niños a aprender que es normal, y está bien tener cualquier sentimiento (o todos) y compartirlos con los demás. Use estas tarjetas para empezar la conversación.

### **Imprima y corte sus propias tarjetas.**

Estas tarjetas están diseñadas para ser impresas en papel de carta estándar (8.5 pulgadas por 11 pulgadas) en cualquier impresora de casa u oficina.

¿Cuál fue la mejor parte de tu día?

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¿Cuál fue la parte más difícil de tu día?

**Profundice:**  
¿Cómo hiciste para poder navegar eso?

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¿Qué fue lo más gracioso que te pasó hoy?

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Si pudieras ser un animal, ¿qué tipo de animal serías y por qué?

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Si tuvieras un superpoder, ¿cuál sería?

**Profundice:**  
¿Por qué sería ese?

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¿Cuál es tu lugar favorito para visitar?

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¿Cuál es uno de tus recuerdos favoritos?

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¿Qué cosa se te hace difícil?

**Profundice:**  
¿Cómo puedes manejarlo?

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¿Hay algo que estás esperando con ilusión?

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¿Qué cosas te emocionan?

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Si pudieras estar en cualquier parte del mundo ahora mismo, ¿en dónde estarías?

**Profundice:**

¿Qué estarías haciendo?  
¿Con quién estarías?

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¿De qué te sientes orgulloso?

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¿De qué manera ayudaste hoy a alguien?

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¿Cuál es tu canción favorita?

**Profundice:**

¿Cómo te sientes cuando la escuchas?

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¿De qué cosa en particular te sientes agradecido?

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¿Qué te hace reír?

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¿En qué ocasión te sentiste triste?

**Profundice:**

¿Qué hiciste para sentirte mejor?

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¿Con quién puedes hablar cuando necesitas ayuda?

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¿Cuál es una de tus actividades favoritas?

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¿Cuáles son las dos cosas en las que eres bueno?

**Profundice:**

¿En qué otra cosa te gustaría trabajar?

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Si pudieras desear dos cosas, ¿cuáles serían?

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¿Qué te hace sentir mejor cuando te enojas?

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¿Cómo te sientes ahora mismo?

**Profundice:**

¿Cómo ha cambiado tu humor hoy?

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¿Qué te hace sentir nervioso?

**Profundice:**

¿Cómo lo manejas?

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¿Qué cosa buena ha hecho alguien por ti?

**Profundice:**

¿Qué cosa buena has hecho por otra persona?

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¿Qué te da miedo?

**Profundice:**

¿Cómo superas ese miedo?

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Si pudieras ser el personaje de un libro o película, ¿quién serías?

**Profundice:**

¿En qué se parece o es diferente a ti?

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