

# Conversation Cards: Listen & Learn (Parent and Child)

## Instruction page



### 1 Activity Type

Age: 11-18+

Participation Style  
Family conversation activity  
1-1 activity

Theme  
Interactive  
Conversation cards  
Expressive

### 2 General Activity Info

This activity is designed to strengthen the bond between a parent (or guardian) and child by fostering open, meaningful conversations. Through thought-provoking questions, participants gain a better understanding of each other's perspectives and emotions. Both parent and child take turns selecting identical or pre-selected questions and place their answers under "Agree," "Disagree," or "Unsure," while explaining their thought process without interruption.

The exercise emphasises empathy, mutual respect, and reflection, encouraging both participants to recognise that everyone faces challenges and strives for growth.

Please note that the questions encompass a range of topics, including family, communication, hopes and dreams, personal growth, and more. Feel free to review and pre-select them accordingly.

### 3 Materials Needed

- A printed copy of the activity resource. Cut and laminated.
- A large table or floor for participants to work from.

### 4 Step by Step Instructions

- 1. Preparation:**
  - Print and laminate the questions or prompts for durability.
  - Prepare two sets of identical questions, placing them in a bowl or bag for selection.
- 2. Starting the Conversation:**
  - Begin with a casual check-in about how both participants are feeling.
  - Briefly explain the purpose of the activity: to listen, reflect, and connect positively.
- 3. Choosing a Question:**
  - Parent and child take turns drawing a question card.
  - Place the card under **"Agree," "Disagree," or "Unsure"** and explain the reasoning behind the choice.
- 4. Uninterrupted Sharing:**
  - Allow the participant who drew the card to speak without interruptions and answer the question on the card.
- 5. Affirm and Reflect:**
  - Acknowledge thoughtful responses and validate feelings.
  - Encourage both participants to appreciate each other's perspectives.
- 6. Closing:**
  - Reflect on key insights or moments from the activity.
  - End with gratitude or positive affirmations for participating.

**Note:** question cards with a green number circle are intended to be questions asked to the other participant

*This structure ensures respectful communication, deeper understanding, and a sense of shared growth between parent and child.*



**Agree**

**Disagree**

**Unsure**

**Agree**

**Disagree**

**Unsure**

**I am brave**

1

the  
therapeutic  
resource  
platform

**I am strong**

2

the  
therapeutic  
resource  
platform

**I am polite to  
strangers.**

3

the  
therapeutic  
resource  
platform

**I am polite to my  
family**

4

the  
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resource  
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**I am polite to  
my friends**

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**I am patient**

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**I get angry easily  
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**I am kind**

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**I like who I am**

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**I am proud of  
myself**

12

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**I am brave; I stand  
up for what's right**

13

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**I am a good citizen**

14

the  
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**I am proud of  
whom I've become  
(so far)**

15

the  
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**I have good  
self-control**

16

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**I am perfect**

17

the  
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**My family is  
perfect**

18

the  
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resource  
platform

**My friends are  
perfect**

19

the  
therapeutic  
resource  
platform

**I have everything  
I need to succeed**

20

the  
therapeutic  
resource  
platform

I say kind words  
to myself

21

the  
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I say kind words  
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I am happy

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I have achieved  
everything I want  
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I have everything I  
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It's easy for me to  
see my best  
qualities

26

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It's easy for me to  
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It is easy for me to  
see the things I have  
failed in

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resource  
platform

**I am brave; I stand  
up for what's right**

13

the  
therapeutic  
resource  
platform

**I am a good citizen**

14

the  
therapeutic  
resource  
platform

**I am proud of  
whom I've become  
(so far)**

15

the  
therapeutic  
resource  
platform

**I have good  
self-control**

16

the  
therapeutic  
resource  
platform

**I am perfect**

17

the  
therapeutic  
resource  
platform

**My family is  
perfect**

18

the  
therapeutic  
resource  
platform

**My friends are  
perfect**

19

the  
therapeutic  
resource  
platform

**I have everything  
I need to succeed**

20

the  
therapeutic  
resource  
platform

I say kind words  
to myself

21

the  
therapeutic  
resource  
platform

I say kind words  
to my family

22

the  
therapeutic  
resource  
platform

I am happy

23

the  
therapeutic  
resource  
platform

I have achieved  
everything I want  
(so far)

24

the  
therapeutic  
resource  
platform

I have everything I  
need

25

the  
therapeutic  
resource  
platform

It's easy for me to  
see my best  
qualities

26

the  
therapeutic  
resource  
platform

It's easy for me to  
see my worst  
qualities

27

the  
therapeutic  
resource  
platform

It is easy for me to  
see the things I have  
failed in

28

the  
therapeutic  
resource  
platform

It's easy for me to  
see the things I  
have succeeded in

29

the  
therapeutic  
resource  
platform

I can list 5 adjectives  
to describe myself

30

the  
therapeutic  
resource  
platform

I can list 5 things  
that make me  
happy

31

the  
therapeutic  
resource  
platform

I can list 5 things  
I do in my spare  
time

32

the  
therapeutic  
resource  
platform

I can list 5 things  
that people would  
say about me  
/describe me as

33

the  
therapeutic  
resource  
platform

I can name my 3  
best qualities

34

the  
therapeutic  
resource  
platform

I can name my 3  
worst qualities

35

the  
therapeutic  
resource  
platform

I will be  
remembered well

36

the  
therapeutic  
resource  
platform

I express my  
emotions well

37

the  
therapeutic  
resource  
platform

I feel understood

38

the  
therapeutic  
resource  
platform

People committing  
crimes upsets me

39

the  
therapeutic  
resource  
platform

I am  
disciplined

40

the  
therapeutic  
resource  
platform



What do you think is the hardest part about being a parent/child?

41

the  
therapeutic  
resource  
platform

What is one thing you wish I understood better about you?

42

the  
therapeutic  
resource  
platform

How do you know when I'm proud of you?

43

the  
therapeutic  
resource  
platform

What makes you feel most supported by me?

44

the  
therapeutic  
resource  
platform

What is something you are really proud of?

45

the  
therapeutic  
resource  
platform

What do you do when you feel stressed or overwhelmed?

46

the  
therapeutic  
resource  
platform

What's one mistake you've learned a lot from?

47

the  
therapeutic  
resource  
platform

What does being a good person mean to you?

48

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therapeutic  
resource  
platform

What do you think makes our family unique or special?

49

the  
therapeutic  
resource  
platform

What's your favorite memory of us together?

50

the  
therapeutic  
resource  
platform

What do you think we should do more often as a team?

51

the  
therapeutic  
resource  
platform

How can we have more fun as a family?

52

the  
therapeutic  
resource  
platform

What is a big dream or goal you have?

53

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therapeutic  
resource  
platform

How can I help you achieve your goals?

54

the  
therapeutic  
resource  
platform

What makes you excited about the future?

55

the  
therapeutic  
resource  
platform

Where do you see yourself in five years?

56

the  
therapeutic  
resource  
platform

How do you feel when we disagree?

57

the  
therapeutic  
resource  
platform

What's a better way we could handle arguments?

58

the  
therapeutic  
resource  
platform

How do you know when I'm listening to you?

59

the  
therapeutic  
resource  
platform

What's one thing I could do to make you feel heard?

60

the  
therapeutic  
resource  
platform

If you could spend a whole day with me doing anything, what would it be?

61

the  
therapeutic  
resource  
platform

What's a little win you've had recently that you're proud of?

62

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therapeutic  
resource  
platform

What's a time you were really happy with something I did?

63

the  
therapeutic  
resource  
platform

What's one thing you appreciate about me?

64

the  
therapeutic  
resource  
platform

What's something you're really thankful for right now?

65

the  
therapeutic  
resource  
platform

If you could plan the perfect family day, what would it look like?

66

the  
therapeutic  
resource  
platform

What's a game or activity you love but we haven't tried together yet?

67

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therapeutic  
resource  
platform

68

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resource  
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resource  
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80

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therapeutic  
resource  
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