

Family Wellness Conversation Guide

Gentle prompts to help you talk with your children about identity, belonging, school stress, and what it means to thrive.

How to Use This Guide

There is no script here — only invitations. Choose the prompts that feel right for your child's age and your family's moment. Some conversations will flow easily. Others will take time. All of them matter.

- ✦ Pick **one prompt at a time** — don't rush through the list
- ✦ Try conversations during **low-pressure moments**: car rides, dinner, a walk
- ✦ **Listen more than you speak** — your child is the expert of their own experience
- ✦ It's okay if a prompt opens something hard — **that means it's working**
- ✦ **Revisit these prompts** — children's answers change as they grow

SECTION 01

✦ Identity & Who They Are

Children who feel seen at home are more resilient everywhere else. These prompts help your child explore who they are — on their own terms.

"

If you could describe yourself in three words, what would they be?

IF THEY SHARE

"Tell me more about that word. Why did you pick it?"

"

What is something about yourself that makes you really proud?

IF THEY SHARE

"How long have you felt that way? Did anyone help you see that in yourself?"

"

When do you feel most like yourself?

IF THEY SHARE

"What is it about that time or place that helps you feel that way?"

"

What does our family's background or culture mean to you?

IF THEY SHARE

"Is there something about it you want to know more about?"

SECTION 02

◆ Belonging & Friendships

Minority children often navigate spaces where they feel caught between worlds. These prompts create room to name that experience without judgment.

“ **Do you feel like you belong at your school? What makes it feel that way — or not?**

IF THEY SHARE

"What would make it feel more like a place that's really for you?"

“ **Have you ever felt left out because of who you are or what you look like?**

IF THEY SHARE

"How did that feel? What did you do? What do you wish had happened?"

“ **Who at school makes you feel safe or seen?**

IF THEY SHARE

"What is it about them that makes you feel that way?"

“ **Is there anyone you feel like you have to pretend around — like you can't be fully yourself?**

IF THEY SHARE

"What do you wish you could say or show them that you don't feel safe to right now?"

SECTION 03

◆ School Stress & Pressure

Children often carry more academic and social pressure than they let on. These prompts gently open the door to that experience.

“ **What is the hardest part of school for you right now?**

IF THEY SHARE

"How long has it felt this hard? Have you told anyone at school about it?"

“ **Is there something you're worried about at school that you haven't told me yet?**

IF THEY SHARE

"Thank you for telling me. Let's figure this out together."

“ **Do you ever feel like you have to work harder than other kids just to be seen or treated fairly?**

IF THEY SHARE

"That's real, and it matters. Can you tell me more about a time you felt that?"

“ **What does a really good day at school feel like for you?**

IF THEY SHARE

"How often do you have days like that? What makes them happen?"

SECTION 04

◆ What It Means to Thrive

These prompts help children and families build a shared vision of what a full, joyful life looks like — on their own terms.

“ **What does a happy life look like to you? Not what we want for you — what do *you* want?**

IF THEY SHARE

"Let's make sure we're helping you build toward that."

“ **What is something you're really good at that your school doesn't always see or celebrate?**

IF THEY SHARE

"How can we make more room for that thing in your life?"

“ **If you could change one thing about your day-to-day life, what would it be?**

IF THEY SHARE

"What would it take for that change to actually happen?"

“ **What is something I do as your parent that really helps you?**

IF THEY SHARE

"I want to make sure I keep doing that."

A NOTE FOR PARENTS

You don't have to have all the answers. The most powerful thing you can do is create a space where your child knows their voice matters — and that you will listen without judgment. That is the foundation of everything.

— FALLON JONES-LEMMONS, PhD, RN • EVOLVE, LLC

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