



## 35 PROMPTS TO START THE CONVERSATION

A great way to strengthen your connection with your pre-teen or teenager is to start a simple ritual of sharing a cup of tea or hot drink. Try different flavours, ask for their opinion or ideas for other hot drinks and enjoy engaging moments together. Focus on creating a safe space for open conversation as you enjoy drinking them together.

As they grow, this tradition can become your go-to for one-on-one time. They will know they can come to you and ask for tea or a special hot drink when they need to talk or want company. The focus is on giving them your undivided attention, whether discussing serious topics or keeping it light.

This guide includes 35 prompts to help you start meaningful conversations and build a deeper bond with your pre-teen or teen as you share this experience.

*Enjoy*

# Connection

## PROMPTS

- ☐ WHAT'S BEEN THE BEST PART OF YOUR DAY SO FAR?
- ☐ IF YOU COULD TRAVEL ANYWHERE IN THE WORLD, WHERE WOULD YOU GO & WHY?
- ☐ WHAT'S A HOBBY OR ACTIVITY YOU'D LIKE TO TRY THAT YOU HAVEN'T YET?
- ☐ WHAT'S AN INTERESTING THING YOU LEARNED AT SCHOOL RECENTLY?
- ☐ WHO IS SOMEONE YOU ADMIRE AND WHY?
- ☐ WHAT'S YOUR FAVOURITE BOOK OR MOVIE, AND WHY?
- ☐ IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE?
- ☐ WHAT'S YOUR FAVOURITE MEMORY FROM THE PAST YEAR?
- ☐ HOW DO YOU PRACTICE SELF-CARE?
- ☐ WHAT'S SOMETHING YOU'RE REALLY PROUD OF ACCOMPLISHING?
- ☐ WHAT'S YOUR FAVOURITE WAY TO SPEND A WEEKEND?
- ☐ WHAT'S YOUR BIGGEST GOAL RIGHT NOW?
- ☐ IF YOU COULD MEET ANY HISTORICAL FIGURE, WHO WOULD IT BE AND WHY?
- ☐ WHAT'S YOUR FAVOURITE FAMILY TRADITION?
- ☐ WHAT CHALLENGES DID YOU FACE RECENTLY, AND HOW DID YOU OVERCOME THEM?
- ☐ WHAT'S YOUR FAVOURITE THING TO DO WITH YOUR FRIENDS?
- ☐ HOW DO YOU STAY MOTIVATED WHEN THINGS GET TOUGH?

# Connection

## PROMPTS

- ☐ WHAT'S SOMETHING YOU'VE LEARNED FROM A MISTAKE YOU MADE?
- ☐ IF YOU COULD CHANGE ONE THING ABOUT THE WORLD, WHAT WOULD IT BE?
- ☐ WHAT'S YOUR FAVOURITE SUBJECT IN SCHOOL AND WHY?
- ☐ HOW DO YOU LIKE TO RELAX AFTER A LONG DAY?
- ☐ WHAT'S SOMETHING YOU WISH MORE PEOPLE KNEW ABOUT YOU?
- ☐ WHAT'S YOUR DREAM JOB?
- ☐ IF YOU COULD HAVE DINNER WITH ANY THREE PEOPLE, WHO WOULD THEY BE?
- ☐ WHAT'S SOMETHING YOU'RE CURIOUS ABOUT RIGHT NOW?
- ☐ WHAT'S YOUR FAVOURITE SONG OR TYPE OF MUSIC?
- ☐ WHAT'S YOUR FAVOURITE WAY TO HELP OTHERS?
- ☐ WHAT'S SOMETHING THAT ALWAYS MAKES YOU LAUGH?
- ☐ WHAT'S YOUR FAVOURITE HOLIDAY AND WHY?
- ☐ WHAT'S A SKILL YOU'D LIKE TO IMPROVE OR LEARN?
- ☐ WHAT'S THE BEST PIECE OF ADVICE YOU'VE EVER RECEIVED?
- ☐ WHAT'S SOMETHING YOU'VE DONE THAT YOU NEVER THOUGHT YOU COULD DO?
- ☐ WHAT'S YOUR FAVOURITE FAMILY ACTIVITY?
- ☐ WHAT'S A DREAM YOU HAVE FOR THE FUTURE?
- ☐ WHAT'S SOMETHING YOU'RE GRATEFUL FOR TODAY?



# Here To Help

Hello!

For those I haven't yet met, my name is Racheal, and I'm a registered social worker dedicated to equipping families with practical tools and skills to raise resilient, emotionally healthy tweens and teens.

I want to acknowledge you for taking the time to invest in your young person's growth. Throughout my two decades of social work experience, I've supported many young people and families facing diverse challenges. The ones who thrive most consistently have a supportive adult in their corner—someone cheering them on, guiding them, and standing by them through it all.

In 2019, I founded Stronger Within after seeing the limited resources available for my own kids and their friends as they entered the tween and teen years.

Today, Stronger Within provides interactive workshops, online courses, one-on-one sessions, and resources that empower families and educators to raise confident, resilient young people.

*I would love to share this journey with you! Visit us at [www.strongerwithin.org](http://www.strongerwithin.org) for more resources and support to navigate the adolescent years successfully.*

*Racheal*

RESOURCES  
AVAILABLE



# JOURNAL

This beautiful nine week guided Self-Care Journal for girls aged 10-16 will strengthen self-esteem, build resilience, and encourage a positive mindset!

[CLICK TO SHOP](#)

## Anxiety Truth Cards

A effective way to manage anxiety and reframe negative thinking.



## Breathing Cards

A great tool to regulate emotions, calm down easily and reduce stress.



## Affirmation Cards

CBT-based tool to boost self-esteem and positive self-talk in girls and boys.

[CLICK FOR MORE](#)

## MOTHER - DAUGHTER ONLINE COURSE



## FRIENDSHIPS

Our Special Qualities and Friendships Course is a 40-60 minute self-paced experience for mothers and daughters (ages 9-12) to boost self-esteem, build healthy friendships, and strengthen their bond.

[CLICK TO FIND OUT  
MORE](#)

## ONLINE SESSIONS

These online individual or small group sessions are a great way to address social and emotional wellbeing challenges and support families to grow resilient and confident tweens and teens.



[CLICK TO FIND OUT  
MORE](#)