

Cut out the rectangles and fold, in half, along the solid white line to create your conversation starter cards.



Are you
okay?

K!K!K!.K



How have you
been?

K!K!K!.K

Is there anything
you'd like to talk about?



K!K!K!.K

When was the
last time you
did something
for yourself?
Something you
really enjoy.

K!K!K!.K





How is
everything

..... ?

*insert relevant ending to this question,
e.g at home/at school/at work/
with the family, etc.

K!K!K!K



I haven't seen
you around
much lately.

What have you
been up to?

K!K!K!K

Is there anything



I can do to help?

K!K!K!K



I've noticed you've
seemed a little

.....
lately. Is everything
okay?

*insert anything you've noticed, e.g.
distant/quiet/stressed/worried/sad/tired/
different, etc.

K!K!K!K

