

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

## Instruction page



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### Activity Type

**Age:** 11-18+

#### Participation Style

Family conversation activity  
1-1 activity

#### Theme

Interactive  
Conversation cards  
Expressive

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### 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.

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### Materials Needed

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

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### 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.

the  
therapeutic  
resource  
platform

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  
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I am polite to my  
family

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therapeutic  
resource  
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I am polite to  
my friends

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therapeutic  
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I am patient

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I get angry easily  
with my friends

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I get angry easily  
with my family

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I get angry easily  
with myself

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resource  
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I am kind

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resource  
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I like who I am

11

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therapeutic  
resource  
platform

I am proud of  
myself

12

the  
therapeutic  
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  
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My family is  
perfect

18

the  
therapeutic  
resource  
platform

My friends are  
perfect

19

the  
therapeutic  
resource  
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I have everything  
I need to succeed

20

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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 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

I have achieved everything I want (so far)

24

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

29

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I can list 5 adjectives to describe myself

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I can list 5 things that make me happy

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I can list 5 things I do in my spare time

32

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I can name my 3 best qualities

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I can name my 3 worst qualities

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I will be remembered well

36

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I express my emotions well

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I feel understood

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People committing crimes upsets me

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I am disciplined

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What do you think makes our family unique or special?

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What is a big dream or goal you have?

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How can I help you achieve your goals?

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Where do you see yourself in five years?

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