

10 POWERFUL
CONVERSATION
STARTERS TO
ENGAGE WITH
YOUR KIDS

RESILIENCE

Discuss with your children, by asking these questions, what Resilience is and why it is important!



1. What do you consider to be a comfort zone?

2. Why might trying something new or tough outside of your “comfort zone” feel uncomfortable?

3. What does it mean to you to be resilient?

4. How do adversity, beliefs and consequences relate to resilience?

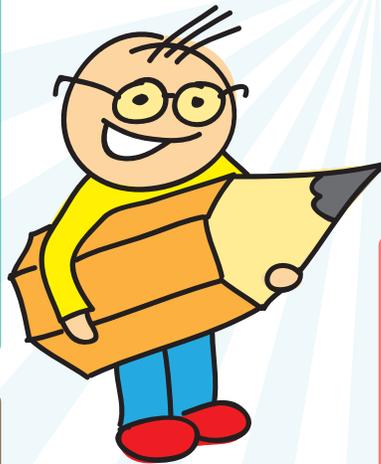
5. What three steps can you take when trying to resolve a problem and why is it important to keep on trying?

6. What can you say to yourself when you’re are having a tough time with a challenging skill or situation?



7. How does power posing help you be resilient in tough situations?

8. How can asking “HOW” help you deal with challenges at home or school?



9. How can a motto help you to stay resilient in tough times?

10. What are some ways you show you are resilient?



**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

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