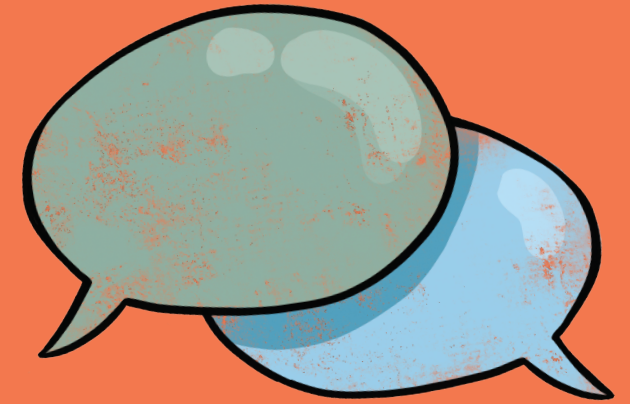


Whānau kōrero starters: for **everyday connections** - especially with teens



The power of eating together

Eating together, no matter how simple the meal, has been shown to increase closeness, improve communication, and support positive wellbeing for tamariki and teens. Mealtimes are the perfect moment to check in, kōrero, laugh, and just be with each other. It's also a great way to take the focus from the kai, to connection.

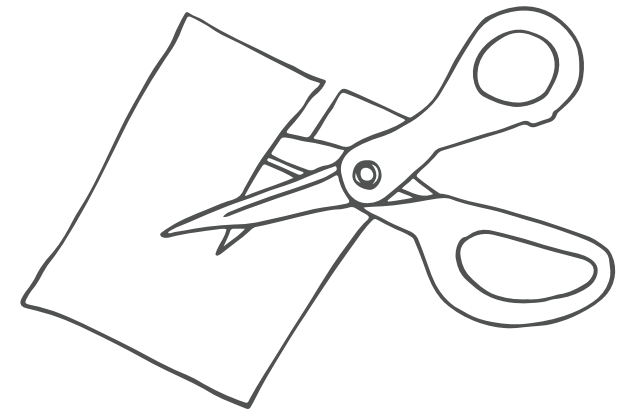
Use these cards when you need to get the ball rolling on a kōrero with your teen.

Cut them out, and keep for a time you need to connect.

Let's start with these two -

What does a great day look like for you?

What's something small someone did for you that actually meant a lot?



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When someone really gets you, what do they understand?

What's something you wish people knew about you without you having to say it?

When was the last time someone surprised you - in a good way?

If you could swap places with anyone for a day, who would it be and why?

What's something you've noticed other people struggle with that you're good at?

When have you felt the most seen or understood?

What makes someone a good friend?

If your pet (or favourite animal) could talk, what would they say about you?

What's something that made you feel calm or happy today?

What's something you handled well - even if it was small?

Did anything surprise you about your day?

What was your highlight of today?

What colour would today be if you had to pick one? Why?

What's one thing that helped you get through the day?

Was there a moment where you felt really like you?

What feeling showed up most today? Excitement? Worry? Boredom?

Is there a time of day
that feels easiest?
Hardest?

What's something
you're looking
forward to?

What's something
tough you've gotten
through lately?

What helps you feel
more in control when
things feel full-on?

What's your go-to
when things get
overwhelming?
(Music? Walk?
Hide in bed?)

Who's someone who
helps you feel calm
or safe?

Have you ever had a
"bad" moment turn
into a good memory?

What's a small thing
that helped a hard
day not feel worse?

Is there a phrase or
idea that helps when
you're feeling
overwhelmed?

What's something
you're proud of
managing - even if
no one noticed?

What's one thing we
can do for you to
make tricky times
easier?

If your feelings were
weather, what kind
of forecast would
today be?

What's something
kind you said to
yourself today?

When you're having
a tough time, what's
something helpful
you could say to
yourself?

What do you hope
people see in you?

When do you feel the
most confident or
comfortable in your
own skin?

What's something
you've done that you
don't give yourself
enough credit for?

What do you say to
yourself when things
don't go to plan?

If your inner critic
had a name, what
would it be?

What's something
you'd like to believe
about yourself?

What makes you feel
strong or brave?

What do you admire
in others that you'd
like to work on?

What's something
we do that makes
you feel supported?

Is there a way we can
check in with you
that feels good
- not annoying?

When you're having
a rough time, do
you prefer space
or company?

What kind of support
helps when things
feel tricky?

How do you know
someone really cares
about you?

Do we spend enough
fun time together?
What could we do
more of?

Is there something we
could do at dinner
time/after school that
would help your day
go better?

What helps make
our whānau feel
like a team?

Who in your world
makes you feel like
you can totally be
yourself?

What's something
we could do
together that
would be fun?