



*Educator Edition*  
**Conversation  
Reboot**

**Brilliant Minds Collaborative**

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**Would you rather help a friend who is struggling with schoolwork but does not want to ask for help, or help a friend who is upset but does not know how to talk about it?**



Do you think it is easier to help someone with school problems or emotional problems? Why?



"If a friend is upset but does not know how to express their feelings, how would you try to get them to talk? What would you say to make them feel understood?"

**How do you feel about sharing important news or exciting things through a phone call rather than texting, especially with your friends or classmates?**



How do you think sharing news through a phone call makes the moment feel more special compared to texting?



"I love hearing excitement in someone's voice when they share something exciting over the phone. Do you think phone calls make moments feel more real, especially when you are sharing something exciting with a friend or family member?"

**What was something small you did that made a big difference for someone else?**



Sometimes, seemingly small actions can lead to positive outcomes. What do you think motivated those small actions?



"Sometimes, even small acts of kindness, like holding the door open, can make someone's day. What's the last kind thing you did for someone?"

**What does a good friend mean to you? What do they do for you that makes you feel supported?**



Can you share a time when a friend showed you they cared? How did that make you feel?



"I can remember a friend who helped me when I was upset by... What does a good friend do for you when you are upset? Can you share a time when they helped you feel better?"

## Mini Instructions

Step 1: Ask the main question at the top of the card.



Step 2: If you like where the conversation is going and want to dig a little deeper, ask the second question, as indicated by the spiral symbol.



Step 3: If your student has some difficulty with the main question, try the additional prompt at the bottom of the card as indicated by the wave symbol.



Every conversation is a chance to grow closer. Please be kind, listen with an open heart, and make room for each other's thoughts and feelings.



Educator's Instructional Guide