



Parent Edition
**Conversation
Reboot**

Brilliant Minds Collaborative

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What is one thing you are proud of about yourself that you haven't told anyone before?



Is there something you have done that made you proud, but you didn't get the chance to celebrate it out loud? How would you celebrate it now?



"Sometimes when I feel really proud of something I do, I keep it to myself; not because it doesn't matter, but because it feels personal, like a secret win. It's funny how some of the best moments can be the quiet ones. Let's share our stories!"

If you had a superpower, what would it be and how would you use it?



Would you use it to help others or for yourself? Why?



"If I had a superpower, I would choose... because I could help others in this way. Would you tell others what you can do with your superpower? Why or why not?"

What are some things that make you feel happy, both inside and out?



Are there certain sounds, smells, or places that make you feel happy the moment you experience them, even if you don't say anything out loud?



"There's this one song that, whenever I hear it, makes me feel calm and happy, even if I am having a rough day. It's like my brain relaxes for a second. What do you think your brain or body is trying to tell you in those special moments you experience?"

If you could ask one question to anyone in the world, whom would you ask, and what would you ask them?



Why did you choose that person and question? What do you think their answer might be, and why does it interest you?



"I think I'd want to ask [insert, famous person, grandparent, author, etc.] something like, 'What helped you stay true to yourself when life got hard?' It's interesting to think about what we would ask if we had the chance. Do you think you could stop at just one question?"

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 child has difficulty with the main question, try the additional prompt at the bottom of the card, 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.



Parent Instructional Guide