

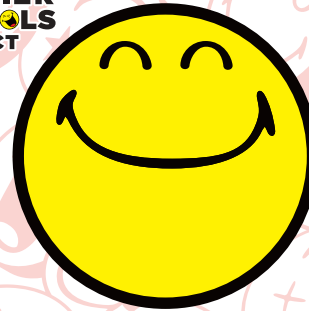
### TAKE THE TIME TO TALK!

Help feed ambition by asking people about the life they want to live in their future. In our busy lives, it can be difficult to think past the next five minutes, let alone plan for the long-term future. Asking people about their goals is a good way to help them imagine their future and realise what steps might be needed to get there.

Ask follow-on questions to help them make a plan to reach their ambitions.



Where in the country or world would you like to live?



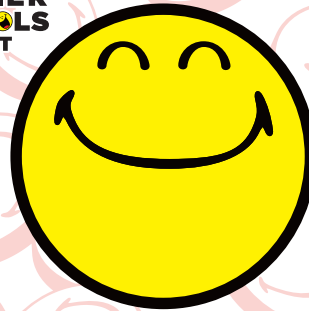
What jobs would you like to do in future?  
Why do you think you would enjoy them?



If you could achieve any goal, what would it be?



How would you describe a perfect day for you?



If you had three wishes, what would they be?  
(You're not allowed to wish for money or another wish!)



When you think about your week, which parts of it make you the most excited?



What things are you best at doing?



### TAKE THE TIME TO TALK!

People who believe in themselves are happier, but self-confidence is a skill that needs nurturing.

Confidence can be built by helping people recognise their strengths and accept their weaknesses. By identifying their abilities, skills and value, and remembering examples of when they overcame obstacles, people can realise they can put their talents to good use.



What are you most  
proud of having  
done recently?



List three things  
you are good at.



What can you do to  
make a difference  
to the world?



What could you  
teach someone  
to do?



What difficult  
problems or  
situations have you  
overcome?



Think of at least  
three things you  
did today that were  
good for you.



What is your  
favourite thing  
about your body  
or appearance?



What have people  
complimented  
you on or thanked  
you for?



List at least three  
things you like  
about yourself.



When was the last  
time you worked hard?  
Congratulate yourself  
for your efforts!



What can you  
do today that  
you couldn't do  
a year ago?



Find at least one  
thing you can do easily  
that some people  
might find hard.



Think of someone  
you like who is  
confident. What can  
you do to be more  
like them?



Who do you  
know could help  
you achieve a  
goal?



Sing or play a  
song that makes  
you feel more  
confident.

**TAKE THE TIME TO TALK!**

Being creative and using your imagination is a great way to improve your mood. Creativity was considered to be the third-most-important skill for employees by the World Economic Forum. Spark creativity by answering these questions.



If you wrote a book, what would it be about?



What colour is the happiest colour? Why do you think it's happy?



If you won £1000, what would you do with it?



If you could design a t-shirt, what would you draw or write on it?



What is one thing that you don't know how to do, but you wish you did?



If someone gave you a blank piece of paper to create something, what would you do with it?



If pets could talk, what do you think they would say?





What do you think  
would happen if  
everyone forgot how  
to use words and  
language?

If you could do  
anything, what  
would you do to  
make the world a  
happier place?

If you were to write a  
song about how you  
feel right now, what  
would be its title?  
How would it sound?

If you could invent  
something that would  
make your life easier,  
what would it be?



Describe your  
life in a seven  
word sentence.

If you had the  
chance to go back  
in time and change  
one thing, what  
would you do?

What do you  
think it would be  
like to live under  
the sea?

How many things  
can you do with a  
paperclip?

**TAKE THE TIME TO TALK!**

People who can understand and manage their emotions are happier, healthier and more successful. You can increase emotional intelligence (EQ) by helping people become aware of and identify their emotions. Once emotions are identified and accepted, they can be managed using appropriate techniques. By exploring our emotions and learning to face them in a healthy way, we can learn what causes difficult emotions to arise and better understand how to interact with others.



How does your body feel when you are angry?



How could you force yourself to face a fear?



When you are sad, how do you make yourself feel better?



How do you cheer someone up if they're feeling sad?



What's the most embarrassing thing that has happened to you? What happened afterwards?



What makes you happy?



When you feel upset, who can you talk to or what do you do?



What makes  
you laugh?



What do you do to  
calm yourself  
down when you  
get angry?



How do you make  
yourself do things  
you don't want  
to do?



How does music  
affect your mood?  
Do different types  
of music make you  
feel differently?



When someone tells  
you off or corrects you  
over something you've  
done wrong, what do  
you think is the best  
thing to do?



When you make a  
mistake or hurt  
someone, what do  
you do?



If you don't get  
something you  
wanted, how do you  
make yourself feel  
better?



How do you feel  
when someone calls  
you names or says  
bad things about  
you?



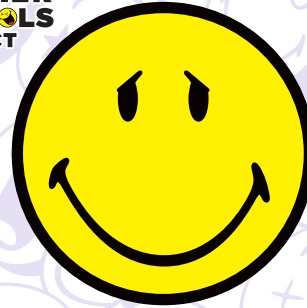
**TAKE THE TIME TO TALK!**

Children tend to think they are the only person who matters, but asking them to think about how others might feel in a situation helps build their empathetic skills.

By understanding what people are thinking and feeling, people are able to respond more appropriately and become much better communicators, leaders and friends.



**Why is it bad to break a promise?**



**Can you remember a time when you made someone smile?**



**How do you think other people feel when you're nice to them?**



**When you don't like someone, do you know why? Is it because they're like you or very different?**



**Why do you think people steal?**



**How can you help someone feel better when they're sad?**



**If you leave someone out of an activity, how do you think they feel?**



If you do something that upsets a friend, how could you make it better?



What questions do you not like answering? Do you think it's the same for everyone?



Which feeling do you think is the most uncomfortable? Embarrassment, anger, fear, or something else? Do you think it's the same for everyone?



Which types of talking do you find most uncomfortable: Asking for help, admitting you've done something wrong or something else? Do you think it's the same for everyone?



If someone isn't speaking, how can you tell what they're feeling?



Is there someone you should have said sorry to? Is it too late to say sorry now?



Who have you been jealous of and why do you think you were jealous?



What's your biggest fear? Do you think fears are the same for everyone?

**TAKE THE TIME TO TALK!**

It's important for people to feel like they belong - that they matter and are an important part of a family or caring unit.

Finding out how your family feels about the time you share together, and how each person fits into it, may help to make you all feel closer.



**What is your favourite thing about your family?**



**If you could make three family rules, what would they be?**



**What is your favourite family tradition?**



**What do you think you should do more of as a family?**



**What is your best memory of something you did together as a family?**



**What's the best thing about being a child?**



**What is or was your favourite toy?**



When you woke up this morning, what was the first thing that you thought about?



Where is your favorite place to be?



What do you think is the most important quality a person can have?



Who is your best friend? Why are they your best friend?



If you could give someone in your family a superpower, what would it be and why?



If you were going to bury a time capsule, what would you put in it?



If you could turn yourself invisible whenever you wanted, what would you do?



If you could travel into the past, when would you travel to?

**TAKE THE TIME TO TALK!**

Gratitude has been scientifically shown to have many benefits including improved happiness, health and relationships. Cultivating gratitude can start with something as simple as asking the right questions.



**Think of three things you feel grateful for today.**



**What are some things that you don't need, but you're really happy that you have?**



**What are some things that are easy to complain about, but we're actually lucky to have? For example, rainy days help gardens grow and give animals water to drink.**



**What is the one thing you couldn't live without?**



**What do you have that someone else might want or be jealous of?**



**Who or what last made you smile or laugh?**



**What things do you use in your daily life that you take for granted? For example, a telephone or oven.**





What have you  
enjoyed doing  
recently?



Who was the  
last person to  
be kind to you?



Which parts of  
your home or  
neighbourhood do  
you like the most?



What are you  
looking forward to  
in the future?



What are you  
grateful for  
about your body  
and health?



What are you most  
proud of having  
done recently?



When did you  
feel most  
comfortable  
today?



Who makes you  
happy or looks  
after you?

### TAKE THE TIME TO TALK!

Conversation stalled? Use one of these phrases to keep the conversation flowing. Asking for more details, what happened before, how people felt or what happened next can keep a conversation going and help take it deeper. Ask open-ended follow-up questions that clarify or repeat what you've heard to show you understand and are listening. Making eye contact and nodding show you are engaged and find it interesting.



What happened next?



What else can you tell me about that?



How did that happen?



What was the best part of it?



What did you learn from it?



What was the hardest part?



Was that the strangest thing that happened?



Was there anything else going on?



What happened before?



I've experienced something similar. What happened to me was...



Who had the hardest time and who had the best time during the event?



How did you feel at the time?



How do you feel about it now?



Was there anybody else there?



Why do you think that happened?

### TAKE THE TIME TO TALK!

Knowing what is important to you helps you make decisions and take action.

Discovering your values and what matters most to you is an important part of growing up. Your values may also change throughout your life. These questions explore ethics and determine values but their answers may depend on the context as well as the individual. Ask follow-on questions to discuss whether different situations or examples would mean you give different answers.



If someone has less than you, should you share what you have with them?



Is cheating in school or sports always bad?



Is stealing ever the right thing to do?



Would you behave differently if you knew no one would judge you?



Is it okay to tell a little lie to please someone or not to hurt their feelings?



What makes you angry?



If you could make one improvement to the world, what would it be?

