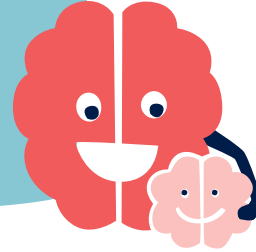


Kindness Conversation Starters: 10 cards to prompt family discussions about belonging, kindness and connection.

Parent Resource

This resource has been developed in collaboration with highly regarded social psychologist, Hugh Mackay AO



Inspired by Hugh Mackay's conversation exploring the science and practice of human connection and how to raise resilient, connected children, these conversation cards are designed to open up conversations as a family whenever there is opportunity.

Truly listening to your children is one of the most powerful acts of kindness you can offer them. When they feel heard, they feel they belong and that sense of belonging is the foundation of lifelong mental fitness.

A special thanks to Hugh Mackay AO for his collaboration on these resources. Hugh is one of Australia's most respected social psychologists, researchers and authors. For more than 60 years, he has studied human behaviour, relationships and social change, helping us better understand what it means to live a connected and meaningful life.

Please note: This resource has been developed in collaboration with Hugh Mackay and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional. You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources.

For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.

10 KINDNESS Conversation Starters

For the dinner table, the car or a quiet moment of connection.

These conversation cards are designed to open conversations about belonging, kindness and connection - the things that matter most for our children's mental fitness.

KINDNESS Conversation Starter:

What makes someone a good friend to have around when things are hard?



KINDNESS Conversation Starter:

What's something you did this week that made someone happy?



KINDNESS Conversation Starter:

Do you think kindness is a choice or a feeling? Why?



KINDNESS Conversation Starter:

What does belonging feel like - in your body and in your head?



KINDNESS Conversation Starter:

What does it feel like when someone smiles at you?



KINDNESS Conversation Starter:

Is there someone at school who might need a bit more kindness right now?



KINDNESS Conversation Starter:

What's one small thing you could do this week to make someone feel included?



KINDNESS Conversation Starter:

What would make next week feel like a good week?



KINDNESS Conversation Starter:

Who in our village could use a bit more connection from us right now?



KINDNESS Conversation Starter:

What's one thing our family could do to make our neighbourhood feel more connected?



"Listening is an act of courage - because when we listen, we run the risk of being changed by what we hear." - Hugh Mackay AO