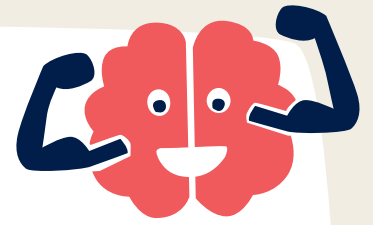


Connection Conversation Cards Year K-2



Use these cards as a fun way to spark deeper conversations with your students.

Year: K-2

Curriculum: AUS V9

This resource integrates elements of literacy, critical thinking and communication skills from the English Curriculum.

Resource Objective: This resource can be used to explore emotions and foster connection among your students. Simply cut out the cards and select one to share with the class.

Students can then discuss their responses with a partner before sharing back with the whole class.

These conversation cards can also be used as a stimulus for a reflective writing experience.

Resource Objective: Mental Fitness Motivator

Most suitable time to integrate this resource: Use these exercises during morning routines, before lessons or as a brain booster to invigorate the mind.

Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles') and Social Connectedness ('Embrace your village')

Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, gotcha4life.org



**If you were a
colour, what
would it be?**



gotcha4life.org

**If you were an
animal, what
would you be?**



gotcha4life.org

**What do you
want to be when
you grow up?**



gotcha4life.org

**Cats or Dogs?
Why?**



gotcha4life.org

**What does
kindness
feel like?**



gotcha4life.org

**Chocolate
or Vanilla
Ice-cream?
Why?**



gotcha4life.org

**Share a time
when you felt
happy.**



gotcha4life.org

**Share a time
when you felt
brave.**



gotcha4life.org

**What is
something that
scares you?**



gotcha4life.org

**What is
something that
you love?**



gotcha4life.org

**Share a time
when you felt
excited.**



gotcha4life.org

**Share a time
when you felt
worried.**



gotcha4life.org

**What do you do
to relax?**



gotcha4life.org

**Name someone
in your life who
cares about you.**



gotcha4life.org

**What is
something you
are good at?**



gotcha4life.org

**What do you do
when you feel
sad or upset?**



gotcha4life.org

**Who can you
talk to when
you need help
with things that
worry you?**



gotcha4life.org

**Why do you think
hugs help us to
feel better?**



gotcha4life.org

What things help
you feel better
when you're
feeling sad?



gotcha4life.org

Share a time
when you felt
proud.



gotcha4life.org



gotcha4life.org



gotcha4life.org



gotcha4life.org



gotcha4life.org

**If you were a
colour, what
would it be?**



gotcha4life.org

**If you were an
animal, what
would you be?**



gotcha4life.org

**What do you
want to be when
you grow up?**



gotcha4life.org

**Cats or Dogs?
Why?**



gotcha4life.org

**What does
kindness
feel like?**



gotcha4life.org

**Chocolate
or Vanilla
Ice-cream?
Why?**



gotcha4life.org

**Share a time
when you felt
happy.**



gotcha4life.org

**Share a time
when you felt
brave.**



gotcha4life.org

**What is
something that
scares you?**



gotcha4life.org

**What is
something that
you love?**



gotcha4life.org

**Share a time
when you felt
excited.**



gotcha4life.org

**Share a time
when you felt
worried.**



gotcha4life.org

**What do you do
to relax?**



gotcha4life.org

**Name someone
in your life who
cares about you.**



gotcha4life.org

**What is
something you
are good at?**



gotcha4life.org

**What do you do
when you feel
sad or upset?**



gotcha4life.org

**Who can you
talk to when
you need help
with things that
worry you?**



gotcha4life.org

**Why do you think
hugs help us to
feel better?**



gotcha4life.org

**What things help
you feel better
when you're
feeling sad?**

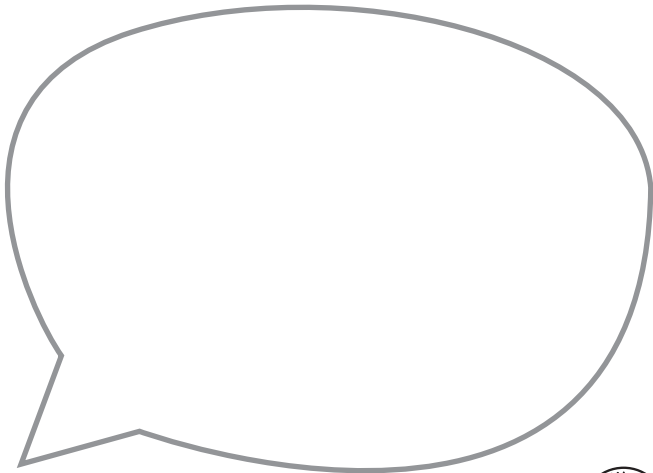


gotcha4life.org

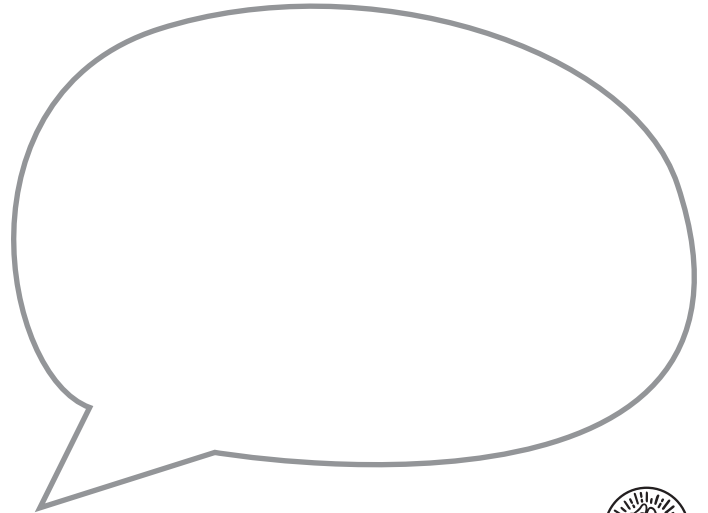
**Share a time
when you felt
proud.**



gotcha4life.org



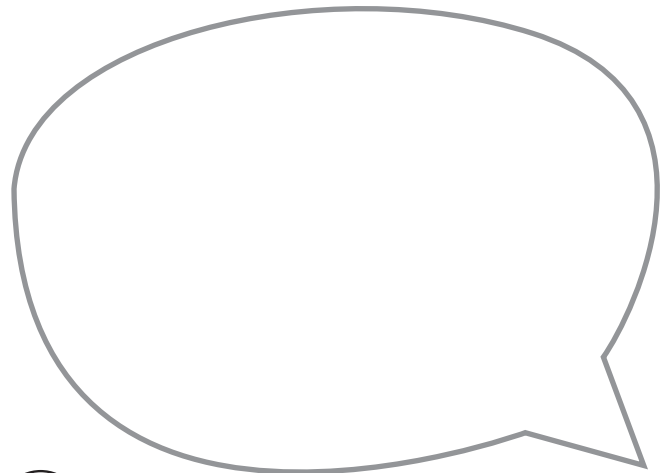
gotcha4life.org



gotcha4life.org



gotcha4life.org



gotcha4life.org