Sentence Stems to Encourage Children to Talk

"I've noticed that..."
- "I've noticed that you seem a bit distant lately. Is there something on your mind?"

"How do you feel about..."
- "How do you feel about what happened at school today?"

"I'm here to listen if you want to talk about..."
- "I'm here to listen if you want to talk about anything that might be bothering you."

"Can you help me understand..."
- "Can you help me understand how you're feeling about the changes happening in our family?"

"Tell me more about..."
- "Tell me more about your thoughts on the topic we discussed earlier."

"What are your thoughts on..."
- "What are your thoughts on the news story we saw on TV?"

"It's okay to have different opinions, and I'm interested in hearing yours on..."
- "It's okay to have different opinions, and I'm interested in hearing yours on this matter."

"What's your perspective on..."
- "What's your perspective on the situation with your friends?"

"How have you been handling..."
- "How have you been handling the recent changes at school?"

"I'm curious about your feelings regarding..."
- "I'm curious about your feelings regarding the issue that's been in the news lately."

"I remember when I was your age and faced something similar. Would you like to hear about my experience?"
- "I remember when I was your age and faced something similar. Would you like to hear about my experience?"

"What's been going through your mind regarding..."
- "What's been going through your mind regarding the new rules at home?"

"Let's talk about what happened and how you're feeling."
- "Let's talk about what happened and how you're feeling about it."

"I'm here to support you, and I want to understand your perspective on..."
  - "I'm here to support you, and I want to understand your perspective on the situation."

"Sometimes it's hard to talk about these things, but I think it's important that we discuss..."*
  - "Sometimes it's hard to talk about these things, but I think it's important that we discuss what's been on your mind."

"I'm here to support you no matter what..."
  - "I'm here to support you no matter what you want to talk about."

"What would you like to share about..."
  - "What would you like to share about the situation at school?"

"Your feelings are valid, and I want to understand..."
  - "Your feelings are valid, and I want to understand how you're experiencing this."

"Let's brainstorm together how to handle..."
  - "Let's brainstorm together how to handle the challenges you've been facing."

"Tell me about your concerns regarding..."*
  - "Tell me about your concerns regarding the upcoming changes."

"I'm curious about your perspective on..."
  - "I'm curious about your perspective on the choices you've been making."

"Would you like to share your thoughts on..."
  - "Would you like to share your thoughts on the topic we discussed earlier?"

"I'm here to listen without interrupting. Please take your time..."
  - "I'm here to listen without interrupting. Please take your time to express yourself."

"Your feelings matter, and I'd like to understand more about..."
  - "Your feelings matter, and I'd like to understand more about your experience."

"It's okay if you're not sure how to talk about this, we can figure it out together..."
  - "It's okay if you're not sure how to talk about this, we can figure it out together."

"I'm interested in your thoughts on this because..."
  - "I'm interested in your thoughts on this because your perspective is important to me."

"Let's explore how you've been handling..."
  - "Let's explore how you've been handling the challenges that have come up."

"I want to know how I can best support you with..."

- "I want to know how I can best support you with what's been going on."

"If you're comfortable, can you tell me more about..."
- "If you're comfortable, can you tell me more about what you've been feeling?"

"Your feelings are valid, and I'm here to listen without judgment..."
- "Your feelings are valid, and I'm here to listen without judgment or criticism."