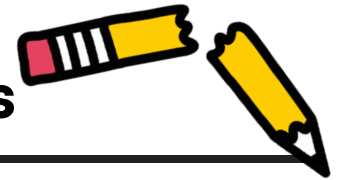


Starting a Conversation with a Child Who's Hard on Themselves




Conversation Starters

How do you know if you are successful?

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Conversation Starters

How do you measure hard work?

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Do you have the same expectations for yourself that you would have for a friend?

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Conversation Starters

How did you respond to a past mistake?
How would you respond differently now?

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Think of someone you look up to, how do they take care of themselves and rest?

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What can you do to set boundaries for yourself and take breaks?

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What are you proud of yourself for accomplishing?

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What is something you have improved on?

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