

30 Gentle Prompts

Prompts you can dip into when your child talks about friendships or feelings

Non-labelling • Child-led • Developmentally Respectful

1. “What do you like about spending time with them?”
2. “How do you feel when you’re around that person?”
3. “What makes you smile when you think about them?”
4. “What do you enjoy doing together?”
5. “How does your body feel when you’re with them - calm, excited, nervous?”
6. “Some people feel easy to be around.”
7. “What do you have in common?”
8. “It’s ok to notice different feelings about people.”
9. “What do you like about the way they treat you?”
10. “How do you feel after you’ve spent time together?”
11. “Does being around them feel easy or a bit tricky sometimes?”
12. “What do you notice about yourself when you’re with them?”
13. “It’s ok if feelings change over time.”
14. “What makes you want to be near them?”
15. “What do you enjoy most about your friendship with them?”

16. “How do you know when someone feels important to you?”
17. “What feels nice about that connection?”
18. “You’re allowed to take time with feelings.”
19. “What helps you feel safe with someone?”
20. “Which people do you feel like you can speak to about your friends?”
21. “What do you think makes a friendship feel good?”
22. “How do you like people to treat you?”
23. “What do you do if something doesn’t feel comfortable?”
24. “It’s ok to enjoy hanging out with someone without knowing why.”
25. “How do you know when you enjoy someone’s company?”
26. “What feels important to you in friendships right now?”
27. “Do you feel listened to when you’re with them?”
28. “How do you feel when you’re not together?”
29. “What helps you feel close to someone?”
30. “If you ever want to talk about feelings like this, you can come to me.”