

A Little Closer

12 conversation starters
for you and your daughter

For girls aged 9-12 and the grown-ups in their corner.



Take turns answering. Let her pass. There is no perfect answer.

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| 01 | When did you feel most like yourself today? | 07 | What helps you feel comfortable being yourself around someone? |
| 02 | What is something you like about yourself that has nothing to do with how you look? | 08 | What does a good friend do when you disagree? |
| 03 | What do you wish grown-ups understood about being your age? | 09 | How could you say “no” kindly when something does not feel right for you? |
| 04 | When did you feel proud of yourself, even if nobody noticed? | 10 | What is one kind thing someone did that stayed with you? |
| 05 | What would you like to try, even if you might not be good at it yet? | 11 | What would you like us to do together more often? |
| 06 | When something feels hard, what kind of support helps you most? | 12 | After a hard day, would you like me to listen, help, or just sit with you? |

TRY THIS TONIGHT

Choose just one question. Put your phones aside, share your own answer, and follow her lead. A few unhurried minutes are enough to begin.

Keep growing together, one small brave step at a time.

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