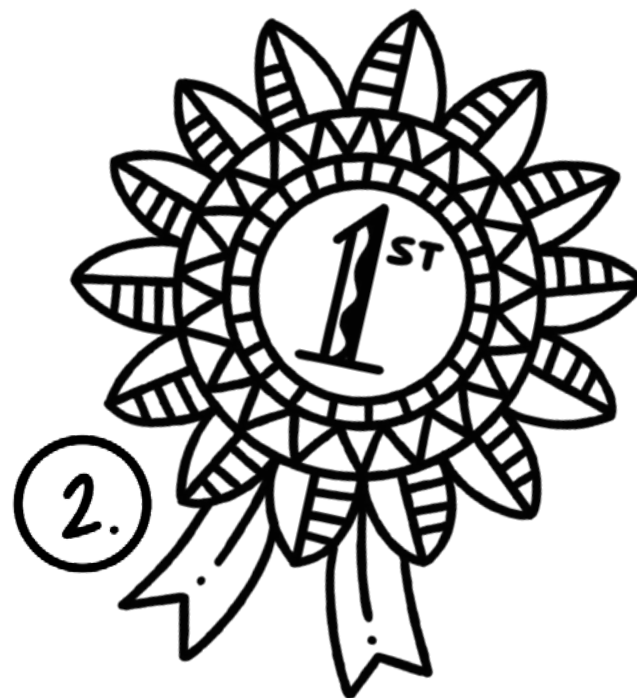
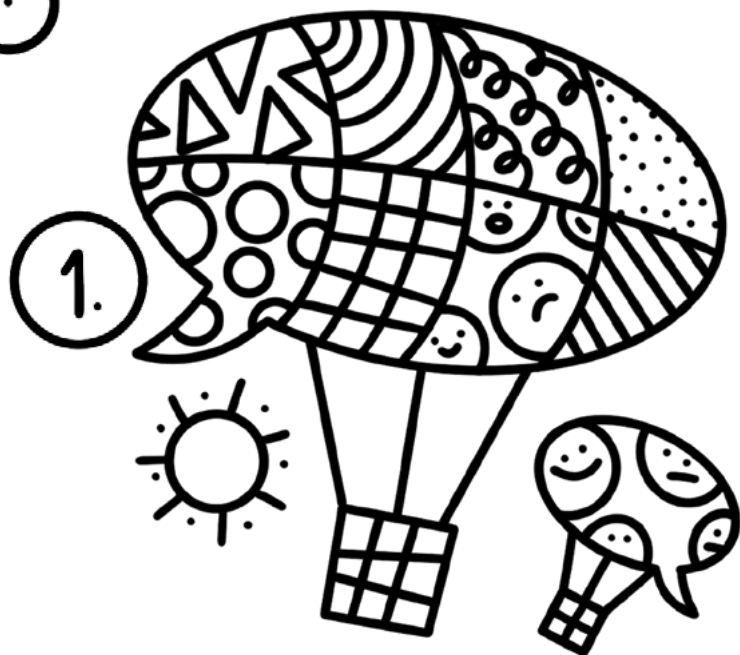
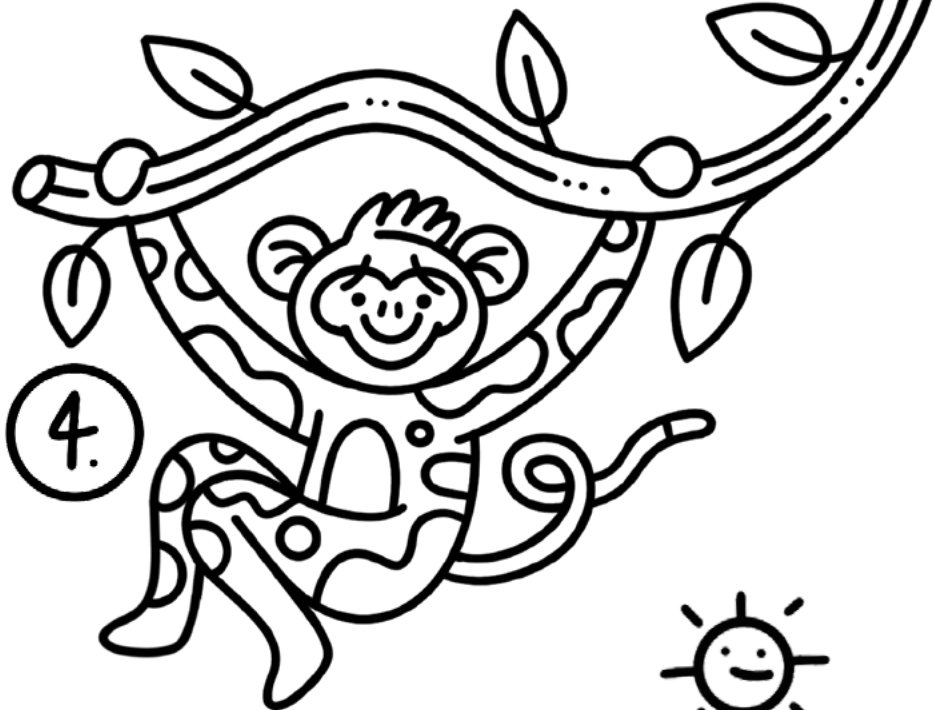


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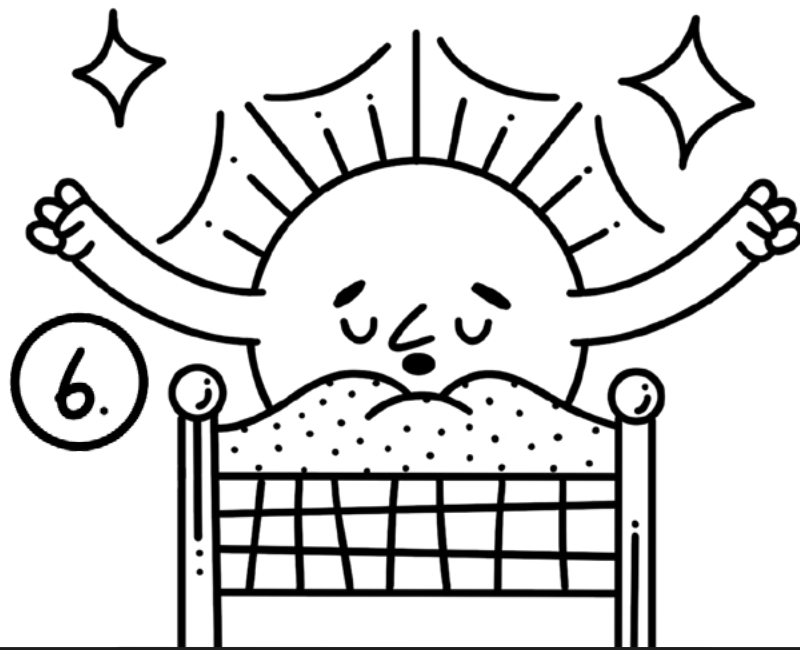
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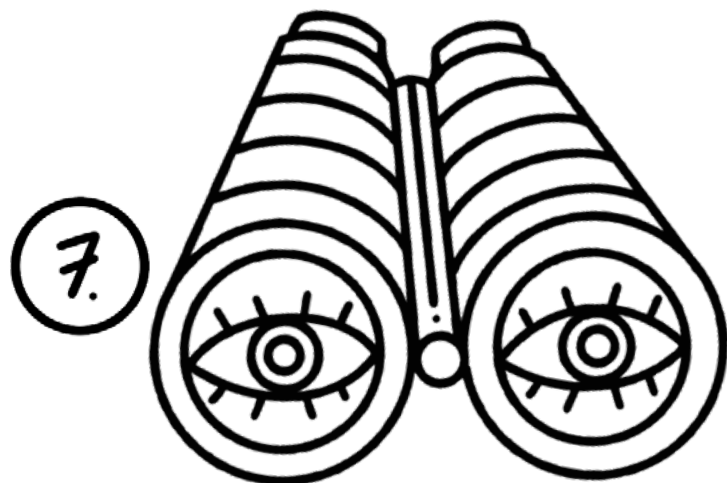


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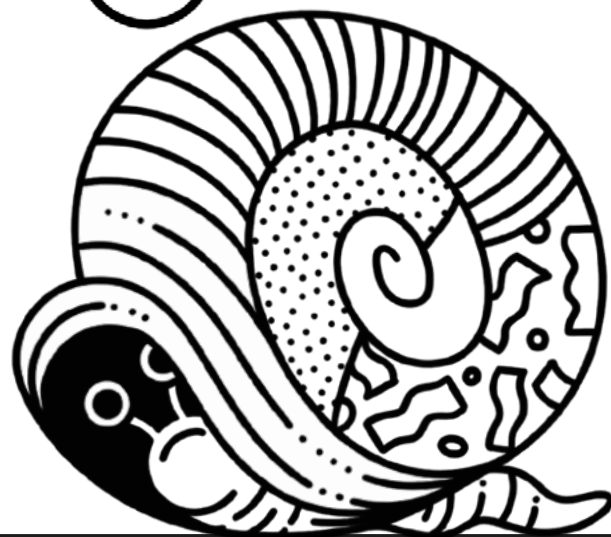


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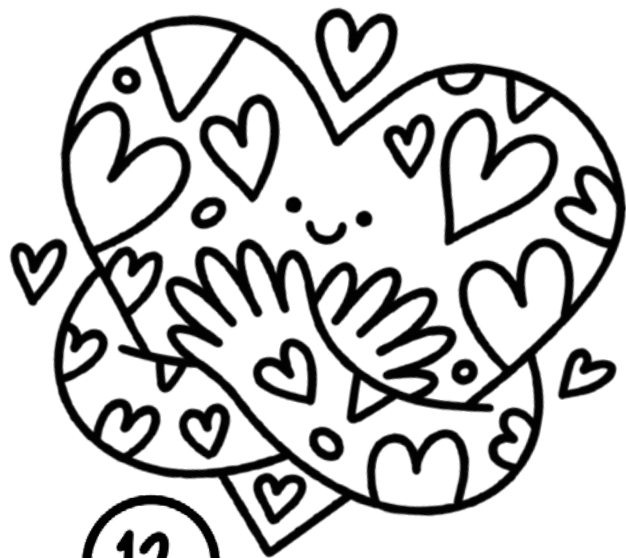
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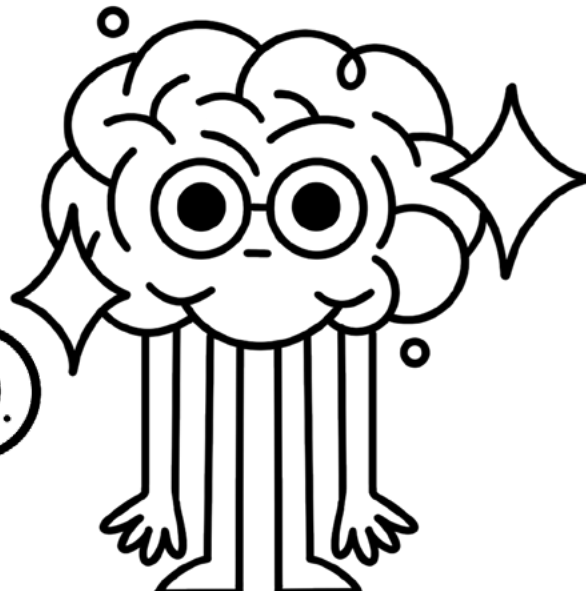
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12.



10.



11.





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14.



13.



15.





## The Bupa Table

To help facilitate conversations about feelings with your children, it helps to find a time and place where you both feel comfortable and won't be interrupted. Young people often find it easier to open up when they're in a relaxed environment, like at the dinner table.

Use our interactive colouring table mats and conversation starters to open up discussion. Simply ask the prompt and let your child colour in the corresponding illustration while you have a meaningful chat.

### Conversation Starters

1. How was your day? Would you mind telling me about something that happened?
2. What was the best bit of your day?
3. Was there anything you didn't like about today?
4. Who did you hang out with today?
5. Did anything make you feel proud today?
6. If you could restart your day, would you like to do anything differently?
7. What are you most looking forward to this week?
8. Is there anything you're not looking forward to this week?
9. What do you like most about school? And is there anything you're less keen on?
10. Is there anything on your mind?
11. Are you feeling worried about anything at the moment?
12. What do you think would make you feel better?
13. Is there anything you'd like us to do to improve things?
14. What can I do (or not do) to help you feel better?
15. If you could ask me anything, what would it be?

