

Good Tidings
where reading feels like fun

EMPATHY

KINDNESS

PERSPECTIVE

CONFIDENCE

BRAVE
CONVERSATIONS

How Would You Feel?

Conversation Cards
for Big Feelings
and Brighter Days

Small
Scenarios.
Big
Conversations.
Brighter Kids.

LISTEN

TALK

SHARE

UNDERSTAND

BE KIND

Feelings matter.
Conversations make a difference.

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Start Here

A Guide for Parents & Teachers

These conversation cards help kids explore feelings, build empathy, and practice positive choices — in a fun, low-pressure way.

There are
no wrong
answers
here! ❤️

How to Use

- 1 Choose a card (or let your child pick).
- 2 Read the scenario together.
- 3 Talk about the questions:
 - What would you do?
 - How would you feel?
- 4 Share and listen. Let each person take a turn.
- 5 Notice different ideas and feelings. All answers are valid!

Ways to Use



At home (dinner time, bedtime, car rides)



In the classroom (morning meeting, counseling, small groups)



As a family at the dinner table



During transitions or free time



As a writing or discussion prompt



With a friend or reading buddy

Tips for Great Conversations

- ✔ Keep it relaxed and fun.
- ✔ Let your child think and share at their own pace.
- ✔ Validate all feelings.
- ✔ Ask follow-up questions like “Why do you think that?”
- ✔ Model empathy by sharing your own feelings too.

The goal isn't perfect answers — it's helping kids feel safe, seen, and heard. ❤️



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Conversation Cards
Pages 1-4

1.

You can't find
your favorite toy.



★ ? What would you do? ★
♥ How would you feel? ♥

2.

A friend doesn't
want to play with you.



★ ? What would you do? ♥
♥ How would you feel? ★

3.

You get a low score
on a test.



★ ? What would you do? ★
♥ How would you feel? ★

4.

Someone is unkind
and says a mean comment.



★ ? What would you do? ♥
★ ♥ How would you feel? ♥



Small Scenarios. Big Conversations.
Brighter Kids. ♥





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Conversation Cards
Pages 5-8

5.

You make a mistake
in front of the class.



What would you do?



How would you feel?



6.

It's the first day
of school.



What would you do?



How would you feel?



7.

You have to try something
new and it feels scary.



What would you do?



How would you feel?



8.

You see someone
sitting alone.



What would you do?



How would you feel?



Real Feelings.
Brighter Choices.
Kinder Kids.





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Conversation Cards
Pages 9-12

9.

You don't get picked for the team.



What would you do?



How would you feel?



10.

You have to give something away that you really like.



What would you do?



How would you feel?



11.

You see a friend being left out.



What would you do?



How would you feel?



12.

You feel nervous about trying something new.



What would you do?



How would you feel?



Different Feelings.
Brighter Choices.
Stronger Kids.





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Conversation Cards Follow-Up Activities

Keep the Conversation Going

After talking about the cards, try one of these fun follow-up activities.



Draw It

Have your child draw the scenario and how they would feel.



Write It

Write a short sentence or story about what they would do.



Act It Out

Take turns acting out the scenario.



Make a New Card

Let your child create their own "How Would You Feel?" card.

Question Starters

Use these questions to dig a little deeper and build bigger conversations.



Why do you think that might happen?



Have you ever felt that way?



What could you do?



What else might be a good choice?



How could you help a friend who feels this way?



What would you want someone to say to you?



How do you think the other person feels?

Feelings Reminder

All feelings are okay!
There are no wrong answers.



Empathy today
brighter tomorrows.

You Did It!

You talked, listened,
thought about feelings,
and shared great ideas.

That's a big deal!

