



Talk SNACK #1

... for on the go families

To Talk About Together . . .

- while eating a meal at home!
- while in the car!
- while on a walk!
- while out for a meal!
- anytime!

Check ONE of the following "what to do when" situations you want to discuss with your family.

What to do . . .

- when I get picked on or bullied.
- when I have an argument with a friend.
- when I'm having a bad day.
- when I lie and then feel bad.
- when I'm confused.
- when I'm scared.
- when I feel all alone.

Pick three to answer with your family.

- ✱ What is (was) your favorite school lunch?
- ✱ What is the best birthday party you ever had?
- ✱ How does your family know when you are mad?
- ✱ Say something about goofing off.
- ✱ What is something you would love to learn to do?
- ✱ What time of day do you feel the most tired?