

PARENT CUE CARDS

FOR KIDS

A TOOL TO HELP PARENTS
CHECK IN ON A CHILD'S
THOUGHTS & FEELINGS

Store these digital cards
on your phone for a quick
and easy way to check in
with your child's heart.

break? How can I
help you?



Did you know it is
normal to feel anger?
If you are, is there
something you can
change? If so, how can I
help? If no change, can
you express your anger
in a positive way? Write
it down? Exercise?

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WHAT IS IT?

As God created your child, He designed them to have a physical, spiritual, emotional, and mental component. Naturally, they are able to tend to the physical on the playground and in backyards. They can foster the spiritual through discipleship within the family and Church. But when it comes to caring for the emotional and mental piece, they need a place where they can learn how to understand their feelings and thoughts.

This discovery process is critical to spiritual growth because God speaks to the heart of His people. So when your child is able to understand his or her heart, they are open and available to hear from God.

To help parents and guardians, we created Parent Cue Cards. They are designed to encourage a child to name their emotions and speak their thoughts. Sometimes, this journey can be messy, so we invite parents to offer empathy and kindness as a first response.

HOW TO USE IT

Print the questions and keep them close by in a family space, such as the kitchen or the car.

Download the images in an album on a cell phone and use them on the go.



Are you feeling
good about

(be specific about the subject)

or “just okay” or is it
a struggle?



Can you describe your
thoughts and opinions
on _____?
I would like to know
more, please.



Last night, what were
your thoughts about
before you went
to sleep?



Did you know it is
normal to feel anger?
If you are, is there
something you can
change? If so, how can I
help? If no change, can
you express your anger
in a positive way? Write
it down? Exercise?



I can see you are
frustrated right now.
Do you want to talk
about it? Would you like
feedback or just want
me to listen?



Did you know it is
normal to feel sadness?
If you are, do you know
what you are sad
about? Do you want to
talk about it? If not, do
you want to write about
it? Is there a song we
can play?



If one thing could go
away with a snap of
a finger, what would
you want it to be? Why
would you like it to
go away?



Did you know it is
normal to feel lonely?
If you are, it means
you hope to connect.
Is there someone you
would like to hang out
with? How can I
help you?



What's going on in the
"big" world that seems
to bother you?



Did you know it
is normal to feel
overwhelmed or
stressed? If you are,
give yourself space. It's
hard to learn or try new
things right now. So can
you step back? Take a
break? How can I
help you?



What's going on in
"your" world that is
bothering you?



Are there any places
where you feel stuck?
Bored? Frustrated?



Did you know it is
normal to feel happy?
When you are, it
means you have space
to try new things or
be creative. Is there
something you would
like to try?



Is there something in
your life that you want
more of it? Is there
something in your life
that you would like to
get rid of it?



Did you know it is
normal to feel scared? If
you are, do you want to
talk about it? Would you
like to find a place that
makes you safe? Do you
want to pray? Listen to
a song?