break? How can I help you?

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.

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.

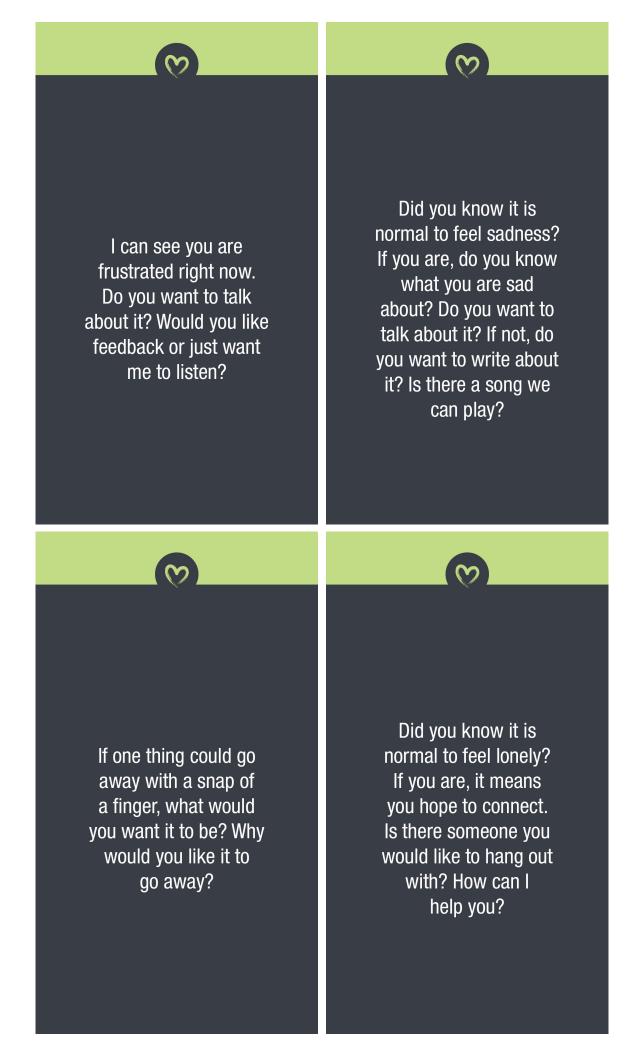
To help parents and guardians, we created Parent Cue Cards. They are designed to encourage a child to name their emotions and speak their thoughts. Sometimes, this journey can be messy, so we invite parents to offer empathy and kindness as a first response.

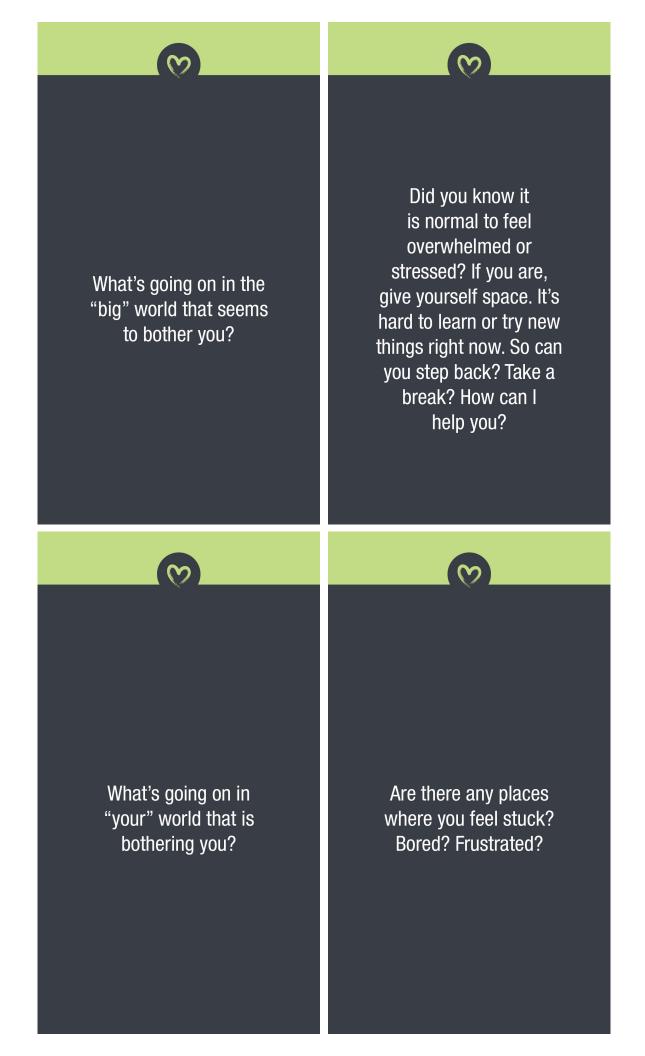
HOW TO USE IT

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.







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?

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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?