



Jumping Beanie & The Mustard Seed

Emotional Wellness Conversation Starters

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Jumping Beanie & The Mustard Seed

INSTRUCTIONS:

Children's mental health is important and we must check in with the children in our lives to make sure they are equipped with being able to identify and talk about their emotions.

Please read **Jumping Beanie & The Mustard Seed** with your child, then open up a dialogue and connect using these conversation starters!

Note: Make sure to end the conversation with "Thank you for sharing that with me. You are not alone."

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How are you feeling today?

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How did Jumping Beanie feel when he couldn't jump to the top of the hill?

Have you ever felt that way?

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Mustard Seed was always so happy and jolly. What are some things that make you feel happy and jolly?

Who are your friends? Does Jumping Beanie or Mustard Seed remind you of any of them?

What kinds of things help you feel calm when you're feeling worried, mad, or upset?

Even though I'm an adult, I still feel [emotion] sometimes. Want to hear about it?