

# Tymso Conversation Starter Worksheet

One calm question at a time.

## This week's Teen Thought

Write today's thought in your own words

This feels like... (parent notes about mood, pressure, or energy)

Starter line I will try this week

What my teen shared (even little comments count)

□ What I want to remember for next time

Small, calm check ins add up over time.

# Conversation Starter Cheat Sheet

Use any of these gentle lines when the week's Teen Thought matches the theme.

## Self Kindness

- Growing up includes messy moments. How has this week been feeling on the inside?
- What is one thing you were gentle with yourself about this week?

## Friendships and Belonging

- Who helped you feel most yourself this week?
- What kind of people make you feel calm after hanging out?

## School Pressure

- What subject felt heaviest this week?
- What part of school drained your energy the most?

## Online Pressure

- How do you feel after scrolling for a while?
- What is one thing you wish the online world did differently?

## Anxiety or Overthinking

- Were there moments your body felt tense this week?
- What usually helps when your thoughts get loud?

You do not need perfect words. You only need a calm tone and real curiosity.