

# Try head-to-toe conversation starters



**When you use these conversation starters with your girl, be open and honest. You'll learn a lot about each other, and best of all, you'll keep the discussion going.**

Describe a time when you've left the house and then realized you forgot to do something you do every day (such as brush your hair or brush your teeth).

How do you feel when you are kept inside all day long and you don't get any fresh air?

Describe a time when you were super cranky but exercise made you feel better.

What is your favorite way to keep moving all day?

Describe the different ways your body feels after eating fresh foods versus after eating junk foods.



Describe what it's like immediately after you eat sugar and then a few hours later.

Have you ever had a day when you haven't had enough water to drink? How did it affect your body and mind?

Think about a night when you haven't gotten enough sleep—how did you act the next day?

Have you ever picked a pimple thinking that it would get smaller and then noticed that it looked worse instead? What did you learn from that?

Have you ever been the tallest or oldest-looking person in the room? How did that feel?

Have you ever been the smallest or youngest-looking person in the room? How did that feel?

Were you ever treated as if you were the most mature/grown-up person in a room? Why, and what did that feel like?

Were you ever treated like the least mature/grown-up person in a room? Why, and what did that feel like?

Describe a time when a mood change took you by surprise.

Name one time that something was kind of funny but you couldn't stop laughing.

Think about a time that someone did something that made you sadder or sillier than you should have been. Why did you overreact?

Has there been a time when you have gotten really angry and realized that the situation (or person) didn't deserve it?



Have you ever watched a friend make a bad decision?

Is there something about your body that bugs you but that no one else notices? How can you make it bother you less?

Is there a question about growing up that you have really wanted to ask one of your parents but that you just don't have the nerve to ask? How could you ask it?

Think of a time when you have felt sad—what did you do to turn your feelings around?

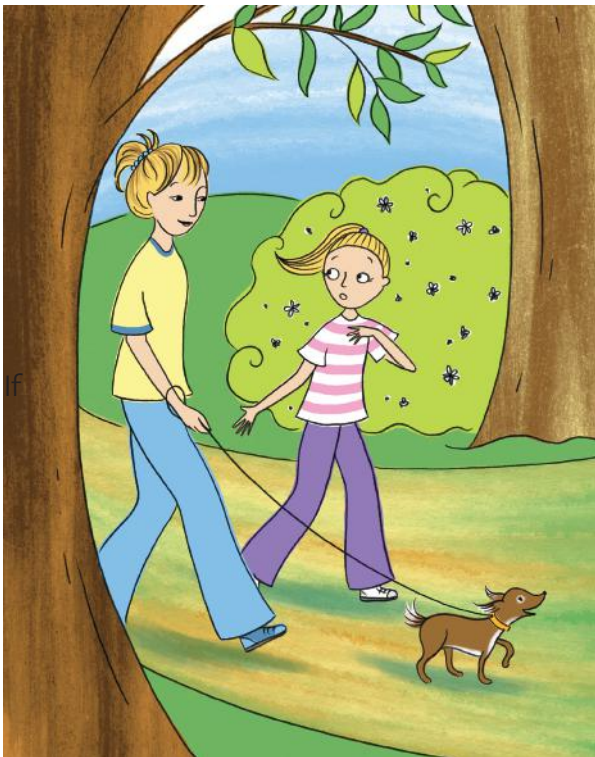
Think of a time that you have felt a bad mood coming on. Could you have stopped the moodiness before it started? How?

What are some things that help you to manage your moods?

Have you ever done something that felt wise or grown-up compared to your friends? What did you do, and why was your choice so mature?

Have you ever felt pressured to do something you knew you shouldn't do? What happened?

Do you ever wish you could be treated as if you were older and more grown-up? In what way?



Do you ever wish you could be allowed to be more of a kid? In what way?

Name one rule that your parents have that really annoys you. Do you think you will have this rule for your kids?

Name one rule your parents have that's really annoying. Why did they make this rule?

Name one rule your parents have that's really smart. How has it helped you?

If you were president of the United States, would you change any laws to allow kids to do something that they aren't allowed to do right now? What would it be?

What cosmetic product are you most looking forward to using when you grow up?

Think of a time when you have given someone great advice about health. What was it? Do you follow your own advice?