

you express your anger  
in a positive way? Write  
it down? Exercise?

# PARENT CUE CARDS

## FOR TEENS

**A TOOL TO HELP PARENTS  
CHECK-IN ON A TEEN'S  
THOUGHTS & FEELINGS**

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

You know that  
moment when it  
gets real quiet as  
you get ready to  
go to sleep.  
What comes to  
mind for you?  
What do you  
think about?

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FOR TEENS

## WHAT IS IT?

As God created your teenager, He designed them to have a physical, spiritual, emotional, and mental component. Naturally, they are able to tend to the physical on the field, in the gym, or in a local martial arts studio. They can foster the spiritual through discipleship in 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 teen 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 teenager 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.



You know that moment when it gets real quiet as you get ready to go to sleep. What comes to mind for you? What do you think about?



How can I help you figure out what is bothering you? Want to take a walk? Listen to some music? Need some space?



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?



What are some positive things that are happening in your life right now?



Did you know it is normal to feel burned-out? If you are, step back, rest, and try to figure out what's causing the wear-and-tear. Can you define what needs to change? List what you are okay with and what you are not okay with by setting boundaries.



How are the little things going that can make a difference like sleeping, exercise, positive social media, and connections with others?



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? Listen to some music? Go for a walk together in silence?



Did you know it isn't easy to try new things or make changes if you are under a lot of stress and pressure? If you want to try something new, is there a way to take a step back, breathe, and identify something to cut?



What is one problem you wish you could eliminate in your life right now? Can I help you look at it from different angles to see if there is a solution?



Did you know it is normal to feel anger? If you are, is there something you can change? What is within your control? If so, how can I help? If it is not within your control, can you express your anger in a positive way? Write it down? Exercise?



What's going on in the world that brings you to fear, anxiety, or worry? What are you learning about it on social media?



I've noticed that \_\_\_\_\_ is really starting to bother you. Is that accurate? Can you tell me your thoughts or feelings about it? Would you like me to just listen, or would you like feedback?



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?



Are you feeling good about

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(be specific about the circumstance or person)

or “just okay” or is it a struggle?



Did you know it is normal to feel afraid? If you are, do you want to talk about it with a friend or me? Would you say you are in a place where the fear is present, but you can still go about life? Or is it a place where you're so afraid you don't feel safe and can't think or feel?