

# Table Talk Cards

We hope these Table Talk Cards spark conversation with your family, whether you're having dinner, spending a Saturday night together, or just hanging out with each other.



What's something you really like about yourself?

*Ex: values, personality traits, skills, etc.*

1



What did you do today to build your confidence?

*Ex: ask a question in a public setting, describe your values to someone, step outside your comfort zone to help yourself or others, etc.*

2



What did you do for self-care today?

*Ex: mindful meditation, took time for yourself, did something that made you feel good, etc.*

3



When was the last time you stood up for someone?

4



How did you react to something that didn't go as well as you wanted?

5



**Girl Scout Outcome:  
Sense of Self**

Girls have confidence in themselves and their abilities, and form positive identities.

*Discuss how confidence can help build a strong sense of self and consider how you can continue to build your confidence every day.*



**Girl Scout Outcome:  
Sense of Self**

Girls have confidence in themselves and their abilities, and form positive identities.

*Discuss how focusing on the aspects of yourself that you like can help build a strong sense of self and consider how you can continue to learn to love yourself.*



# How to play:

Choose a card, read out the question on the front, and have everyone in the family or group answer the question.

Encourage every participant to try to answer the question fully and with more than just a one-word answer.

Each topic card is numbered; we suggest you follow the order, but do whatever works best for your family.

Each card's question is designed to get the conversation going and to relate to one of the five Girl Scout outcomes: strong sense of self, positive values, challenge seeking, healthy relationships, and community problem solving.



**Girl Scout Outcome:  
Positive Values**

Girls act ethically, honestly, and responsibly, and show concern for others.

*Discuss why you feel the way you do when things don't go as well as you wanted.*



**Girl Scout Outcome:  
Positive Values**

Girls act ethically, honestly, and responsibly, and show concern for others.

*Discuss why you stood up for someone else and how you felt when you did.*



**Girl Scout Outcome:  
Sense of Self**

Girls have confidence in themselves and their abilities, and form positive identities.

*Discuss how making time to take care of yourself can help you feel more positive and confident about yourself.*





Have you turned a negative situation into a positive one?

*Ex: you didn't get the grade you were expecting, you didn't make the team or get the lead role in the school play, etc.*

6



Did you take a risk today?

7



Did you try something new that challenged you lately?

8



Have you learned something from a mistake you made?

9



What are 5 emotions you felt today and what led to those feelings?

*Prompt: I felt happy, sad, angry, worried, anxious, jealous, afraid, etc.*

10



How do you react to your feelings?

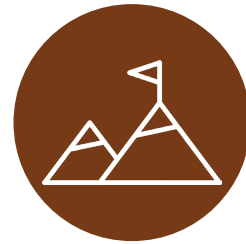
11



**Girl Scout Outcome:  
Challenge Seeking**

Girls take appropriate risks, try things even if they might fail, and learn from mistakes.

*Discuss the pros and cons of trying something challenging.*



**Girl Scout Outcome:  
Challenge Seeking**

Girls take appropriate risks, try things even if they might fail, and learn from mistakes.

*Discuss why you took the risk and what it felt like to take it.*



**Girl Scout Outcome:  
Positive Values**

Girls act ethically, honestly, and responsibly, and show concern for others.

*Discuss why it's sometimes difficult to turn a negative situation into a positive one.*



**Girl Scout Outcome:  
Healthy Relationships**

Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

*Discuss how you react to feelings and why you think you might react that way.*



**Girl Scout Outcome:  
Healthy Relationships**

Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

*Discuss why letting yourself feel your emotions can be difficult, especially "bad" emotions like sadness, fear, etc.*



**Girl Scout Outcome:  
Challenge Seeking**

Girls take appropriate risks, try things even if they might fail, and learn from mistakes.

*Discuss the differences between learning from mistakes and from success.*





Is there a conflict you were able to resolve recently?

12



What issues do you see in your community, family, or school that need to be addressed?

13



Is there anything you can do to help your community, school, or family?

14



What contributions have you made in your community?

15



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16



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17



### Girl Scout Outcome: Community Problem Solving

Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

*Discuss how you can try to address issues in your community.*



### Girl Scout Outcome: Community Problem Solving

Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

*Discuss why you made those contributions and how it felt to help improve your community.*



### Girl Scout Outcome: Healthy Relationships

Girls develop and maintain healthy relationships by communicating their feelings directly and resolving conflicts constructively.

*Discuss why letting yourself feel your emotions can be difficult, especially “bad” emotions like sadness, fear, etc.*



### Girl Scout Outcome:

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*Discussion:*

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### Girl Scout Outcome:

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*Discussion:*

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### Girl Scout Outcome: Community Problem Solving

Girls desire to contribute to the world in purposeful and meaningful ways, learn how to identify problems in the community, and create “action plans” to solve them.

*Discuss why you made those contributions and how it felt to help improve your community.*

