

The background is a vibrant rainbow gradient, transitioning from yellow at the top to red at the bottom. It is decorated with numerous white starburst patterns of varying sizes, creating a sparkling effect.

# **Divorce Conversation Cards**

**Created by:  
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# Divorce Conversation Cards

These cards are designed to start a conversation among your students, regarding divorce and separation. Each child is unique and has different experiences to share. Starting a conversation with other students, who face the same issues, can be relieving and help guide other students on how they can cope with their parents' divorce.

## INSTRUCTIONS

Print on cardstock and laminate for durability and prevention from tearing. The School Counselor or facilitator will ask the students the question on each card. Each student should have an opportunity to answer the questions on the card.

Enjoy my product and thanks for your feedback,  
Counseling Kiddos



What are  
some good  
words your  
family and  
friends use to  
describe  
you?

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What do you  
like to do  
with your  
parents?

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If you had a  
special chill  
zone in your  
house, what  
would you put  
there to help  
you relax?

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If one of your  
parents moves  
into a new house  
or apartment,  
what would you  
do to make your  
room  
comfortable and  
cozy?

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Talk about a  
fun place you  
like to visit  
with your  
mom and/or  
dad?

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What is  
something  
you learned,  
after your  
parents  
divorce or  
separation?

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Does your family have family meetings? If so, what do you talk about?

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Talk about something that worried you, but doesn't anymore.

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Parents may tell their child's teacher about changes in the family. Has your parent(s) told your teacher?

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Close your eyes and picture yourself happy at each parent's house. What are you doing with each parent?

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Does your school have a special program to help you deal with divorce or separation?

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When you need to cool down, do you: stretch your body slowly or tighten your muscles?

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Are there certain rules you have a tough time following? What are they and how do they make you feel?

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Do your parents have different rules at their house? What's different and the same?

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What are some things that you keep at each of your parents house, to make you feel comfortable?

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Kids have someone they can talk to and trust. Who do you talk to and trust?

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What is something fun you can do with your mom or dad, that doesn't cost money?

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If you're with one parent, but want to talk to the other parent, what can you do?

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Is it a bad idea  
to listen to  
your parents  
private  
conversations?  
Why?

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What do you  
do when  
you're  
parents are  
arguing with  
one another?

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When you're  
upset, what  
do you do?

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Do your  
parents get  
along with  
each other or  
do they  
fight?

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Why did your  
parents get  
divorce?

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Are either of  
your parents  
remarried? If  
so, do you  
get along  
with your  
step-parent?

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What is your favorite thing to do with your family?

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Give examples of problems kids can solve.

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What are problems that only adults should solve?

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When your parents are arguing, what should you do and where should you go?

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True or False:  
Some kids leave the room when their parents argue.

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True or False:  
Kids should try not to solve adult problems.

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True or False:

Kids should  
solve ALL  
problems by  
themselves?

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True or False:

Most family  
problems  
only have  
one solution?

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True or False:

Problems  
only happen  
to kids who  
have  
divorced  
parents?

Created by Counseling Kiddos



True or False:

People show  
their feelings  
in different  
ways?

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True or False:

Good things  
will happen,  
even though  
my parents  
are not  
together?

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True or False:

I am the only  
one who has  
divorced  
parents?

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True or False:

A family will go through changes when parents get divorced or separate?

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True or False:

Your parents divorce is all your FAULT?

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True or False:

Your parents will always love you, even though they're not together?

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True or False:

Does it help to talk to other kids who come from a divorced family?

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True or False:

Can you talk to your parents about the divorce?

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True or False:

Blaming either parent about the divorce will make you feel better?

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is not an  
IMPORTANT  
thing, it is  
Everything 

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Thank You,  
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