



Cool Down/Conversation Starters

Cool Down/Conversation Starters are simply that - brief discussion prompts designed to provide players with opportunities to think, share and have fun together with their peers during the Cool Down Step of practice. Conversations Starters should be pre-selected by coach-mentors during the Staff Set-Up Step of their practice. Below are some conversation prompts, separated by age level. Coach-mentors can use these prompts early in the season as a jumping off point, and later on have the autonomy to bring their own Conversation Starters, or allow players to suggest their own!

K-2nd

What is your favorite sport to play? Why?

What is something that makes you laugh? Why?

If you could meet any famous athlete, who would it be? Why?

What is your favorite time of day? Why?

What is your favorite snack to eat after practice? Why?

What is something you and your current buddy have in common? What is something that makes you different?

If the sky could rain food, what kind of food would you like for it to rain down? Why?

Would you rather travel to outer space or under the sea? Why?

Which of the four seasons do you like most – winter, spring, summer, or fall? Why?

If you could be a superhero, what power would you want to have? Why?

If you could have any animal in the world for a pet, what would it be? Why?

What is your favorite song to listen to? How does it make you feel (excited, happy, silly, etc.)?

What is something that you learned how to do this year? Who taught you?

What is your favorite game to play at home? Does anyone play it with you? Who?

If you could make the sky any color, what would it be? Why?

What is your favorite game to play, or activity to do, on the playground? Why?



What is your favorite way to celebrate a goal?

What would you like to do when you grow up? Why?

What are some things you can do to be a good friend?

If you could play on any professional sports team, which would it be? Why?

If you could be invisible, where would you go? What would you do?

What is your favorite color? What do you wish you could have in that color?

If a genie granted you three wishes that would all come true, what would you wish for?

If you could turn into any animal, which animal would you choose? Why?

If you could eat only one food for a whole week, what food would it be? Why?

What special belonging do you hope to keep for your whole life? Why?

What would be a great surprise to find when you arrive at practice? Why?

What do you like to eat for lunch at school? What about at home?

How do you feel when it rains? What do you like to do when it's raining?

Is there an activity that you have always wanted to try but haven't? If so, what is it?

What is something nice that someone has done for you? Who was it?

Have you had to do anything that made you feel nervous or worried? What was it?

What is something that you've done that made you feel brave? What was it?

What has made you feel proud this week? This month? This year?

What is your favorite kind of celebration or holiday? What do you do during this special occasion?

What is something you can do that would make someone else feel happy?

When you are feeling sad, what do you do to feel better?

What hurts your feelings? What did you do the last time your feelings were hurt?

If you could spend the whole day with just one person, who would it be? What would you do together?



If you could be the best at anything in the world, what would it be? Why?

3rd-5th

What is your favorite subject in school? Why?

Who is your favorite athlete? Why?

If you could play on any professional sports team, which would it be? Why?

If you had to stay outside all day, how would you spend your time?

What is your least favorite chore to do? Why?

What is your favorite thing to do after practice? Why?

What is your favorite kind of weather? What activities do you like to do in that weather?

Have you had to do anything that made you feel nervous or worried? What was it?

What is something that you've done that made you feel brave? What was it?

If you moved to a different city, what would you miss most about our team?

How many teeth have you lost? Did you pull any of them out on your own?

If you were the President of the United States, what would you do? Why?

What is something you can't live without? Why?

What is your favorite memory of something that happened at practice? Why is that memory special for you?

If the sky could rain food, what kind of food would you like for it to rain down? Why?

If you could teach anyone in the world how to do something, who would it be and what would you teach them?

If you could eat only one food for a whole week, what food would it be? Why?

What is something you and your current buddy have in common? What is something that makes you different?

What is your favorite song to listen to? How does it make you feel (excited, happy, silly, etc.)?



If you could create an ice cream flavor, what would it be? What would it taste and look like?

What goals do you have for yourself?

What would be a great surprise to find when you arrive at practice?

Would you rather go back in time or into the future? What would you do when you were there?

What have you done that has made a difference in someone's life?

What is something nice that someone has done for you? How did you feel when they did it?

Have you had to do anything that made you feel nervous or worried? What was it?

What is something that you've done that made you feel brave?

If you moved to a different city, what would you miss most about our team?

What made you feel proud this week? This month? This year?

What makes you feel thankful? How do you show it?

Is there an activity that you have always wanted to try but haven't? If so, what is it?

Would you rather travel to outer space or under the sea? Why?

What is something you know how to make or create yourself?

What could happen today to make it the best day ever?

What can't you live without? How would you feel if you had to live without it?

What words would a friend use to describe you?

What is something you wish you were old enough to do? Why?

Have you ever seen someone get teased or bullied? How did it make you feel? What did you do?

If you could spend the whole day with just one person, who would it be? What would you do together?

What special belongings do you hope to keep for your whole life? How does that belonging make you feel?

6th-8th



What do you like best about being an athlete? Why?

If you could meet any famous athlete, who would it be? Why?

If you could be in a movie, which one would you be in, and what character would you play? Why?

What job would you like to try for a day? Why?

What is something you and your current buddy have in common? What is something that makes you different?

What would be your perfect day?

Which of the four seasons do you like most – winter, spring, summer, or fall? Why?

What is something that you have accomplished as part of a team? How did you feel when you accomplished it?

If you could eat only one food for a whole week, what food would it be? Why?

Would you rather play an individual sport or a team sport? Why?

What is something that you learned how to do this year? How did you feel when you were learning it?

What is something that has made you laugh today? This week?

What are three things that you would like to accomplish in the next year?

If you could play on any professional sports team, which would it be? What position would you play?

What is the most exciting thing you've ever done? What made it so exciting?

Is there something about you, or something you have done, that would surprise your teammates if they knew? What is it?

What is your favorite way to celebrate a goal?

If you could teach anyone in the world how to do something, who would it be and what would you teach them?

What are some things you can do to be a good friend?

What is one thing grown-ups make you do that you really don't want to do? How does it make you feel? How do you respond when they ask you to do it?



If you could snap your fingers and appear somewhere else in the world, where would you go? What would you do there?

Has anyone ever assumed something about you that wasn't true? How did it make you feel? What did you do?

What is an accomplishment you're proud of? How did you feel when you accomplished it? How did you celebrate?

What is something you wish you could change in the world? Why?

If you could be invisible, where would you go? What would you do?

What special belongings do you hope to keep for your whole life? How does that belonging make you feel?

If a genie granted you three wishes that would all come true, what would you wish for?

What belongings do you have now that you hope you still have when you're an adult?

What words would a friend use to describe you?

Do you have any pet peeves – things other people do that really bother you? What are they? What do you do when someone is committing one of your pet peeves?

What is something that you do really well? How did you learn that skill? Was it difficult to learn?

Have you ever had to stand up to others because of something you believed was right (or wrong)?

If you won one million dollars, what would you do with it?

What is something you can do that would make someone else feel happy?

What do you like to do on the weekends? Why?

If you were the President of the United States, what would you do?

When you are feeling sad, what do you do to feel better?

What might make you feel like giving up? What motivates you to keep trying?

Do you think it is harder to be a kid or an adult? Why?



If you were spending a week in a secluded cabin with no electricity or internet, what five things would you bring?

Have you had any habits you've tried to break? What were they?

If you could spend the whole day with just one person, who would it be? What would you do together?

If you could go back to yesterday, and do something different, what would it be? Why?