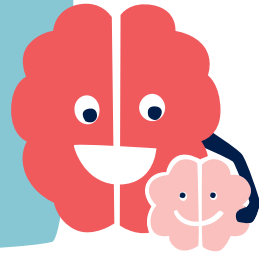


20 questions that build connection



Parent Resource

Getting our children to open up after a long day at school can be challenging, but by asking thoughtful, open questions and taking the time to truly listen, we create moments where they feel heard, safe, and loved. The 20 questions below offer valuable opportunities to learn more about your child's thoughts, feelings, and daily experiences, fostering a strong connection. Spending as little as 5 minutes a day connecting together can make a real difference.

What made you smile today?

What did you find challenging today?

What was your favourite thing you ate today?

On a scale of 1 being tough and 10 being amazing, how would you rate your day and why?

What are you grateful about today?

What do you wish you did differently today?

What is the nicest thing someone said to you today?

What sparked your curiosity or made you think differently today at school?

What was the most fascinating thing you encountered in your school day?

Did you share today? Tell me about it.

What did you do at lunch/recess today?

What is the biggest difference between this year and last year?

What frustrated you today?

Which teacher did you connect best with today and why?

Tell me about any disagreements you had today?

What are you looking forward to in school tomorrow?

What would you like to get better at?

Who can you ask for help at school?

What can you do to help make someone feel good tomorrow?

What is it about your school that makes you feel like you belong?

Let's build our mental fitness together

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