

# WHAT TO ASK KIDS INSTEAD OF "HOW WAS YOUR DAY?"

## Instead of:

How was your day?



## Try this:

What's one thing that made you laugh today?

You can learn a lot about your child's sense of humor, friends, and get them smiling by asking them to recount things that made them laugh.

## Instead of:

Did you eat your lunch?



## Try this:

Who did you sit by at lunch today?

Allowing your child to discuss friends they may have a hard time getting along with, opens opportunities to discuss how others make them feel.

## Instead of:

Did you have a good day?



## Try this:

What did you do that made someone smile today?

Show your kids that school isn't just about academics. Kindness matters.

## Instead of:

What did you learn at school?



## Try this:

Did you enjoy art or science more today? Why?

When questions are broad, it's easy for a child to feel unsure of how to answer. Being specific facilitates a detailed response and opens the door for further discussion.

## Instead of:

What did you do today?



## Try this:

I love hearing about your day.

Sometimes questions are overwhelming. Just letting your child know that you're interested, gives them permission to share when they are ready.

## Instead of:

How was your day?



## Try this:

What was easier today than yesterday?

Encouraging your kids to notice that their practice is making a difference helps instill a positive self-image and a growth mindset.