

# After School Questions

## Start the Conversation

- What was your favorite thing about school today?
- Who did you sit with at lunch?
- What friends/classmates were you excited to see?
- What was *trending* at school today?
- Tell me something funny that happened at school.
- What did you play at recess (or at PE/Physical Education)?
- Did you act like Jesus today? How?
- What is your favorite word on the spelling list?
- Which is your best subject? How do you know that you're good at it?

## Ask Probing Questions

- When did you start to feel sad?
- Did someone say something that hurt your feelings today?
- Who are the popular kids in your class? Do you feel a part of that group? What do you have in common? What makes you different?
- Tell me the worst part of your day.
- Which is your hardest subject in school? Do you think you're good at it?
- How did you feel when \_\_\_\_\_? (Insert the less-than-happy thing that the child mentioned.)

## Validate Feelings

- I'm so sorry that you felt that way.
- That must have really hurt.
- Wow, that would make me sad, too.
- What a mean thing to say! (if your child mentions something mean that was said to him/her)
- That's a normal feeling, baby. It's okay to feel sad.
- When you feel down, remember that your family (and God) loves you dearly. Picture us giving you a big hug. You are never alone.

## Problem-Solve

- What might be a good way to ask for help when you get stumped on a problem?
- Are there lonely children that you might be able to help? How can you offer your help?
- What might be a good response to someone who says something mean? (*That hurt my feelings. I don't like when you say that to me. Those are mean words.*)
- What can you do tomorrow to have a better day?