

Family Resource

Great After-School Conversation Starters



ages: 11-16



ongoing skill

Skills Practiced

Relationship-building, self-regulation, curiosity, and interconnectedness.

Talking to your child after school can be challenging because they are often tired from a long day. Before asking about their day, give your child space and time (and a snack!). When they appear more open to communicating, consider asking some of the following questions to deepen your connection with your child.

- Which class did you enjoy the most today? What made that class so enjoyable?
- What did you do that was kind today?
- What did you enjoy learning about today?
- What was the highlight of your day? What was the lowlight?
- Who did you sit with at lunch? What did you talk about?
- What are you looking forward to at school tomorrow?
- What challenged you today? How did you overcome that challenge?
- Who made you laugh today? What did they do or say?
- Did you interact with any new peers today? If so, what did you learn about that peer?
- Who is someone at school who you would like to get to know?