

Family Resource

Great After-School Conversation Starters



ages: 5-10



ongoing skill

Skills Practiced

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

Talking to your child after school can be difficult 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 seem more open to communicating, consider asking some of the following questions beyond the typical "How was your day?" This will help you deepen your connection with your child. These questions are a great way to start a conversation but plan on asking only one or two questions on any given day.

- Who did you play with at recess today?
- What did you do that was kind today?
- What did you enjoy learning about today?
- What was something great that happened today? What was something that felt hard?
- Who did you sit with at lunch? What did you talk about?
- What are you looking forward to at school tomorrow?
- What did you like about your snack today?
- Who made you laugh today? What did they do or say?
- Did you learn anything new about your teacher? If so, what?
- What's one question that you asked today?