

After School Conversation Prompts


Timing is everything!
Use these prompts when you can be together without screens, distractions, or other demands.




Set the tone.
Start questions with "What..." instead of "Why" to create a more nonjudgmental, accepting tone.



Spark a response.
Use open-ended questions, rather than questions that might be answered with one word.



Be curious!
Your child is an expert in their own experiences, and they can teach you.



For Preschool and Elementary Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?

For Middle School Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?

For High School Students

- What was your rose (best thing), thorn (worst thing), and bud (something you're looking forward to) today?
- What made you laugh today?
- Did anything confuse you today?
- Were there any moments today when you felt frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do anything about today over, what would you choose?
- What did you read today?
- How did you move your body today?