Breakfast, After School and Dinner Conversations To Help Your Children Flourish

These questions are meant to be conversation starters. When your child(ren) answer, get curious yourself and ask for details. Be playful and have fun. Share and engage with them expanding their awareness, strengths, and curiosity, while reinforcing their understanding that they are in charge of their happiness and wellbeing. Be prepared to give your answers to the questions!

Help them identify, use, and build their strengths
- If you could have any superpower today, what would it be and why?
- What are your superpowers?
  - If they don’t know, share a story with them about one of the superpowers you see in them. Make it a story about when they’ve been at their best using their strengths and talents in a positive way.
- How will you use your superpowers to have a great day?
- How did you use your superpowers today?
- How did you use your superpowers to help others?
- How did you help others find and use their superpowers?

Support their natural curiosity by reinforcing curiosity instead of factual knowledge
- What are you most curious about?
- If you had one question for today that would help you have a great day, what would it be?
- What questions did you have today?
- How did you use your curiosity to discover something you didn’t know?
- How did you use your curiosity to turn a sad, bad, or scary situation into something different?

General questions to spotlight the highpoints of their day
- What’s one thing you are looking forward to today.
- What are five things you are grateful for?
- What was the highlight of your day?
- What made you laugh today?
- How did you help out a classmate or teacher today?
- How did you contribute to your class?
- What happened today that took courage (yours or you witnessed someone else)?
- What are you looking forward to or excited about for tomorrow?

Questions to Ask Your Child’s Teacher
Help teachers see your child(ren)’s strengths and potential. Encourage them to focus on successes and encourage curiosity. (Consider giving them a copy of Conversations Worth Having).
- What do you see as my child’s strengths, personally, academically, and socially?
- How is my child contributing to a good classroom experience for him/herself and others?
- Tell me about a time when my child was at his/her best in your class? What did you value about him/her?
  - Why does this stand out as a best for you?
- How might my child use his/her strengths to succeed in your class?
- How can we best support his/her wellbeing and success?
- If you had three wishes for my child, what would they be?