

# 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?
- What confused you today?
- When did you feel frustrated/sad/angry/proud?
- If today had been a color, what color would you make it?
- If you could do one thing over again today, what would it be? Why?
- What did you read today that made you think?
- 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?
- What confused you today?
- If you could do one thing over again today, what would it be? Why?
- What problems were you and your friends able to figure out today?
- Which teacher was the funniest today? What class was the most interesting?
- What did you read today that made you think?
- If you gave today a title, what would it be?

## For High School Students

- What was your glow (something you're proud of) and grow (something you want to work on) today?
- If you could do one thing over again today, what would it be? Why?
- When did you feel proud today?
- What kinds of things are you and your friends worried about these days? What are you excited about?
- What confused you today? What angered you? What did you disagree with?
- What annoyed you today?
- Did you feel misunderstood by anyone today? What happened? Do you think you misunderstood anyone else? What happened?
- What about your day today do you think would surprise me?