# WHAT TO ASK KIDS INSTEAD OF "HOW WAS YOUR DAY?"

| Instead of: | Try this: | |
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| How was your day? | **What's one thing that made you laugh today?** | You can learn a lot about your child's sense of humor, friends, and get them smiling by asking them to recount things that made them laugh. |
| Did you eat your lunch? | **Who did you sit by at lunch today?** | Allowing your child to discuss friends they may have a hard time getting along with, opens opportunities to discuss how others make them feel. |
| Did you have a good day? | **What did you do that made someone smile today?** | Show your kids that school isn't just about academics. Kindness matters. |
| What did you learn at school? | **Did you enjoy art or science more today? Why?** | When questions are broad, it's easy for a child to feel unsure of how to answer. Being specific facilitates a detailed response and opens the door for further discussion. |
| What did you do today? | **I love hearing about your day.** | Sometimes questions are overwhelming. Just letting your child know that you're interested, gives them permission to share when they are ready. |
| How was your day? | **What was easier today than yesterday?** | Encouraging your kids to notice that their practice is making a difference helps instill a positive self-image and a growth mindset. |