

# DISCUSSION QUESTIONS

## FOR PARENT-CHILD INTERACTION

Parents can use these questions to engage in discussions with their children at home

Use 3 words to describe how you felt today.

Can you show me an emotion that describes your day?

Did something make you feel extra happy or extra sad today?

What games did you play today? How did you feel?

Can you show me these emotions - surprised, worried, excited?

Can you tell me 3 words that describe you?

How do you feel when someone shares toys with you?

What should we do when we see someone sad?

Did you try something new today? How was it?

What should we do if we accidentally hurt someone?

Tell me something I can do to help you if you are upset.

Let's use our hand to say 'thank you' to 5 things we are grateful for.

What breathing method did you learn? Can you show me how to do it?