

50 GREAT CONNECTION QUESTIONS for kids

MAMATHERAPY

YOUR DAY...

- ☐ What are you grateful for today?
- ☐ What was your favorite part of the day?
- ☐ Who did you spend your time with today?
- ☐ Did you do something that you felt was brave?
- ☐ Who did you like talking to today?
- ☐ How were you kind to someone today?
- ☐ What are you proud of?
- ☐ What are you thankful for doing/seeing today?
- ☐ What was the hardest thing you had to do today?
- ☐ Pretend you could be the teacher/parent: what rules would you have in the classroom/home?
- ☐ If you could be the teacher tomorrow, what would you do with the class?

ABOUT YOU...

- ☐ What's one good thing you're really good at?
- ☐ Who's the nicest person you know?
- ☐ What's your favorite part on your body?
- ☐ What are you looking forward to this week /month /season?
- ☐ How can you change the world when you grow up?
- ☐ What could our family do that would make the world better?
- ☐ What superpower would you like to have?
- ☐ Would you rather *blank* or *blank*? (ie. pool or beach, cat or dog, ice cream or apple pie)

- ☐ If we spent time alone just us, what would you want to do or where would you want to go?
- ☐ Let's say you could be any age, what age would you be?
- ☐ If you could be any cartoon character, who would you be?
- ☐ What does it mean to be a good friend?
- ☐ What do you think makes a family close?
- ☐ What makes you feel happy?
- ☐ How do you cheer yourself up when you feel sad?

YOUR FAVORITES...

- ☐ What's your favorite book?
- ☐ What's your favorite healthiest meal?
- ☐ If you could only keep one toy, which toy would it be?
- ☐ What do you like best about our family?
- ☐ What's your favorite thing to do as a family?
- ☐ What's your favorite thing about *[a family member]*?
- ☐ What do you like best about school/sport/class?
- ☐ What's your favorite holiday of the year?
- ☐ What's your favorite room in our home?
- ☐ Which family member do you love seeing the most?

NATURE + TRAVEL...

- ☐ Where is your favorite place to go near home?
- ☐ Where is your favorite place to travel with the family?
- ☐ Do you prefer the ocean or a small lake?
- ☐ Would you rather play at a beach or in a forest?
- ☐ What's more interesting: bugs or fuzzy animals?
- ☐ If you could be an animal, what would you be?
- ☐ Which country makes the tastiest food?
- ☐ Would you rather live somewhere super-hot or super cold?
- ☐ What is your favorite season?



Connect with your child. Ask these questions.
And always ask "Why?"