

Deeper Conversations guide for kids and teens

Here is a collection of open, connection-oriented questions parents can use with their children. They are designed to invite reflection, emotions, and storytelling rather than short yes/no answers.

Everyday connection questions

- What was the best part of your day today?
- What was something that didn't feel so good today?
- When did you feel really happy today?
- Was there a moment that felt difficult or confusing?
- What made you laugh today?

Emotion-focused questions

- How did you feel when that happened?
- What was going on inside you in that moment?
- If that feeling had a colour or shape, what would it be?
- What do you think you needed in that moment?
- What helps you when you feel like that?

Understanding their world

- What was something interesting you learned today?
- What are you thinking about a lot at the moment?
- Is there something you're looking forward to?
- Is there anything you're worried or unsure about?
- What feels really important to you right now?

Social and relationship questions

- Who did you spend time with today and how was that for you?
- Was there a moment with someone that felt really good?
- Did anything happen with someone that didn't feel nice?
- What do you enjoy most about your friends?
- How do you know when someone is a good friend to you?

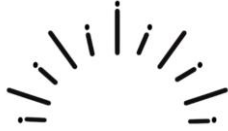
Juliane Hoss

Juliane@reflectwithjuliane.com

+27 67 161 4603

www.reflectwithjuliane.com

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Encouraging reflection and self-awareness

- What are you proud of from today or this week?
- What was something you found challenging, and how did you handle it?
- What would you like to do differently next time?
- What helps you when something feels hard?
- What are you getting better at right now?

Imagination and deeper thinking

- If you could change one thing about today, what would it be?
- If your day was a story, what would the title be?
- What would your perfect day look like?
- If you could give advice to someone else about today, what would you say?

Gentle support questions (especially in emotional moments)

- Do you want to tell me what happened?
- I'm here – where should we start?
- What do you need from me right now?
- Do you want me to just listen or help you find a solution?
- How can I support you best in this moment?

These questions work best when asked with genuine curiosity, patience, and without rushing. Often, it is not about asking many questions, but about staying with one answer a little longer and gently following the child's lead.