• Did you get a chance to help anyone today?
• Did anyone help you today?
• Who did you enjoy connecting with today?
• Who could we reach out to tomorrow?
• Why do you think it’s important that friends, family and neighbors help each other right now?
• What is the hardest thing about this time of social distancing?
• What is the best thing about this time of social distancing?
• What is something you miss from before this time of social distancing that surprises you?
• What is something you don’t miss from this time of social distancing that surprises you?
• What does it mean to have courage? Have you ever had to be brave?
• Can you think of a helpful thing you wish you had done today?
• Today I heard about (something) on the news. I wonder how that experience would have felt? I wonder how we can help?
• How do you make yourself feel better when you feel frustrated or angry at home? What about bored? Worried?
• What is one thing you are grateful for today?
• What is one thing you hope to do better tomorrow?
• What ideas do you have for how we can better support each other in our home?
• Can you think of one act of kindness you would like to share tomorrow?
• Are you feeling sorry about anything that happened today? (Admitting mistakes shows kids that no one is perfect, and opens the way for them to share meaningful apologies.)
• Can you imagine being a doctor or nurse at a hospital right now? A grocery store cashier or food delivery worker? A nursing home care provider? How do you think it might feel?
• Did you learn anything confusing today? Maybe I can help make sense of it.
• What are you curious about? What do you want to learn about today?
• What are you proud of today?
• What is one thing you are grateful for today?
• What is one thing you hope to do better tomorrow?
• What ideas do you have for how we can better support each other in our home?

Find more tools to raise compassionate kids at DoingGoodTogether.org

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