

DAILY

Conversations

STARTERS

"1. WHAT WAS THE BEST THING THAT HAPPENED TO YOU TODAY, AND WHY DID IT MAKE YOU HAPPY?" (HELPS FOSTER GRATITUDE AND ENCOURAGES THEM TO REFLECT ON POSITIVE MOMENTS).

2. "IF YOU COULD BE ANY SUPERHERO, WHAT WOULD YOUR SUPERPOWER BE, AND WHY?" (PROMOTES CREATIVITY AND BUILDS CONFIDENCE BY ALLOWING THEM TO IMAGINE THEMSELVES AS POWERFUL).

3. "WHO IS SOMEONE YOU ADMIRE, AND WHAT MAKES THEM SPECIAL TO YOU?" (ENCOURAGES THEM TO THINK ABOUT ROLE MODELS AND POSITIVE INFLUENCES IN THEIR LIVES).

4. "WHAT'S ONE THING YOU LEARNED TODAY THAT YOU DIDN'T KNOW BEFORE?" (INSTILLS A LOVE FOR LEARNING AND HELPS THEM RECOGNIZE THEIR GROWTH).

5. "HOW DO YOU THINK YOU COULD MAKE SOMEONE SMILE TOMORROW?" (INSPIRES KINDNESS AND EMPATHY TOWARDS OTHERS).

6. "WHAT'S YOUR FAVORITE FAMILY TRADITION OR STORY, AND WHY DOES IT MEAN SO MUCH TO YOU?" (REINFORCES CULTURAL HERITAGE AND FAMILY VALUES).

7. "IF YOU COULD CHANGE ONE THING ABOUT THE WORLD, WHAT WOULD IT BE?" (ENCOURAGES CRITICAL THINKING AND NURTURES THEIR SENSE OF AGENCY).

8. "WHAT'S ONE THING YOU'RE REALLY GOOD AT OR PROUD OF?" (BUILDS SELF-ESTEEM AND CELEBRATES THEIR UNIQUE TALENTS).

9. "HOW DO YOU FEEL WHEN SOMEONE IS KIND TO YOU? WHAT CAN WE DO TO SPREAD KINDNESS?" (HELPS DEVELOP EMOTIONAL INTELLIGENCE AND THE IMPORTANCE OF BEING KIND).

10. "IF YOU HAD YOUR OWN STORE, WHAT WOULD YOU SELL, AND WHO WOULD YOU HELP?" (SPARKS IMAGINATION AND INTRODUCES IDEAS ABOUT ENTREPRENEURSHIP AND HELPING OTHERS).

THESE PROMPTS CAN BE USED DURING MEALS, BEDTIME, OR ANY QUIET MOMENT TO DEEPEN YOUR BOND AND HELP YOUR SON DEVELOP CONFIDENCE, EMPATHY, AND SELF-AWARENESS.