

Questions to ask your child



YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How are you finding things at school at the moment?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you show me what you like about gaming?

How do you feel about things changing?

What do you think could help you to feel better?

What have you enjoyed about today?