

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.



## What is this resource and how do I use it?

Most parents have asked their child 'How was your day?' only to be met with 'good' or 'fine'. To encourage your child to open up and talk about their day, consider using one of these prompts. The questions are more specific and can encourage your child to think of something in particular to tell you about their day.

## What skills does this practise?

Communication

Family Bonding

Conversation Skills

Wellbeing

## Further Activity Ideas and Suggestions

Consider when and where you ask your child about their day. Some children don't like talking about anything negative until they are away from school. For more support with mental health and wellbeing, head to our [Health and Wellbeing Hub](#) for a huge range of resources.

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents  
Hub

# Questions to Ask Instead of 'How Was Your Day?'



What would make tomorrow a better day?

Tell me something good, something bad and something kind that happened today.

Who did you sit with at lunchtime and what did you talk about?

Tell me something you know now that you didn't know yesterday.

How would you rate your day from one to ten? Why?

Who made you laugh today?

Which lesson did you enjoy most today?

What are you proud of today?

What did you find hard today?

Did you talk to your teacher today? What did you say?

If you could be the teacher, what would you teach a lesson on?

What is your favourite thing about school?

What do you like about your teacher?

Who in your class has a talent you admire?

Do you ever feel lonely at school? How would you solve that problem?

Have you played with someone new this week?

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.