



Let's Talk About Feelings: Questions for Every Age

Check in on your kid's heart and mind, ages 5 to 18

"How was your day?" is a big question after a long day. These smaller ones are easier to answer. Pick one that fits your kid and try it side by side: in the car, on a walk or at bedtime.

AGES 5 TO 8

1. "If your feelings today were weather, what would they be: sunny, cloudy, stormy or something else?"
2. "What was the happiest part of your day, and what did you struggle with?"
3. "When you feel sad, mad or worried, what helps you feel better?"

AGES 9 TO 13

1. "What's been taking up the most space in your head lately?"
2. "Was there a moment this week when you felt left out, embarrassed or stressed?"
3. "What's one thing I could do, or stop doing, that would make it easier to talk to me when something's bothering you?"

AGES 14 TO 18

1. "On a scale of 1 to 10, how was your emotional energy today?"
2. "What's something you're carrying right now that you wish the adults in your life understood better?"
3. "When you're having a hard time, what do you want from me: advice, help solving it, or just someone to listen?"

HOW TO FOLLOW UP

Keep it going with "Tell me more," "What happened next?" or "How did that feel?"
Let quiet moments sit, listen before you fix, and end with "Thanks for telling me."
It makes the next conversation easier.

WANT TO MAKE CHECKING IN A HABIT?

Dinner Table helps families build it into a regular Family Meeting. [Learn more at dinnertable.com](https://dinnertable.com).