FREE PRINTABLE · AGES 6-12

# One small question. A safer way into the story.

Four concrete questions for after school - and a calm way to respond without turning the conversation into an interview.

**Start with the moment, not the question.**

Try: “You made it home. You do not have to give me the school report yet.” Ask later, during an ordinary side-by-side moment.

### 1 Let them land

Food, quiet, movement, or a few minutes with no request to explain the day.

### 2 Ask one

Pick one concrete question. Do not turn the list into an interview.

### 3 Reflect first

Show that the small answer was enough before you ask anything else.

**Keep the printable nearby**

Scan for the free resource page and both print sizes.

bondseed.com/resources/one-small-moment-after-school

# Choose one. Not all four.

One concrete question is an invitation. Several can feel like an interview.

## 01

### “What made you laugh today?”

A light doorway into one real moment.

## 02

### “Which part of the day felt easiest?”

Easier to picture than the whole day.

## 03

### “Who did you spend time with at lunch or recess?”

Invites a social story without demanding one.

## 04

### “If you could replay one school moment, which one would you pick?”

Lets your child choose what mattered.

## LET THE ANSWER BE ENOUGH

**They open up**

Reflect one detail. Follow up only if they still seem engaged.

**The answer is short**

Accept it. Share one small moment from your day, then move on.

**They do not want to talk**

Say, “No problem. We can be quiet.”

Prepared with reference to American Academy of Pediatrics and CDC family-communication guidance.
Full guide: https://www.bondseed.com/articles/turning-how-was-school-into-a-meaningful-conversation
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