Questions:

- What did you do today that made you feel good?
- Have you been spending time outside or doing anything fun to stay active?
- What’s been taking up most of your headspace?
- Has there been anything challenging about doing school from home?
- What’s something you can look forward to in the next few days?
- Is there anything you or your family need support with? Friends for Youth has a lot of resources they can connect you with.
- What are you grateful for right now?

Tips:

- Role model sharing: make them feel comfortable by answering the question you’re asking them.
- Active listening: listen to understand not to respond right away.
- Summarize: paraphrase to help them understand their feelings (“So it sounds like you’re feeling…”, “What I am hearing is…”, “Is that right?”)
- Validate & normalize: “That must be really hard”, “Thanks for sharing this with me”, “Many people are feeling like this so you’re not alone.”
- Use open-ended questions like how?, what?, where?, who?, and which? to keep the conversation flowing.
- Mix it up: sprinkle 1-2 serious questions in your conversation and keep the rest uplifting and fun.