



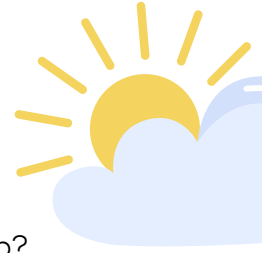
connection questions



waking up

starting the day with intention

- What do you look forward to when you wake up?
- Describe a great day. What would make it special?
- How do you want to feel today?
- Tell me something about you that you think I might not know.
- What do your body and heart need?
- Let's imagine our day together



coming home

reconnecting after school/event

- What was your favorite part about school?
- What was the hardest rule to follow today?
- What did you fail at? What did you learn from failing?
- How did someone show you kindness or love today?
- What do you/ don't you like about meeting new people?
- Did you have a chance to be kind to anyone today?
- If you were a teacher what rules would you make?



bedtime

processing the day

- What was the best part of your day?
- What was a challenging part of the day?
- Would you like to - breathe, meditate, pray, sing, read - with me?
- What is your favorite thing to do with mom/dad?
- Do you have any questions about your day?
- What made you laugh?
- What makes you feel loved/nervous/excited?

