• What was the best thing that happened today?
• How were you brave today?
• Tell me your favorite joke.
• If you were the dad or mom of the house, what would be your 3 rules?
• What do you want to be when you grow up?
• Do you have a favorite song? What is it?
• Tell me about something you learned today.
• If you could meet any person in the world, who would it be?
• If you could build a dream house, what would it look like?
• How were you kind to someone today?
• Name three things for which you are thankful.
• What is the best thing about school?
• What was your most embarrassing moment?
• If you had to live on an island by yourself, what 3 things would you bring?
• If I gave you a million dollars, what would you do with it?
• If you were granted 3 wishes, what would they be?
• If you could make a rule that everyone had to follow, what would it be?
• What makes you super happy?
• What do you do when someone makes fun of other kids at school?
• If you could be a superhero, who would you be?
• If you could pick a new name, what would you choose?
• What do you really like to do with your family?

* These questions are not intended to serve as a strategy to get to serious issues with a child. They are meant to serve as a tool to encourage discussion about thoughts and feelings in everyday life. If a serious concern arises from your conversation, turn your attention to that issue.

[Continued on back]
• What do you like most about yourself?
• When you feel sad, what do you think about to make yourself feel happy again?
• What is your favorite food?
• Do you like thunderstorms?
• What is your favorite season? What do you like about it?
• If you could go anywhere in the world, where would you go?
• Pick 3 words to describe yourself.
• What scares you the most?
• If you could be any age, what age would you pick?
• What makes you angry?
• If you could have one superpower, what would it be? How would you use it?
• Tell me about a scary dream you have had. What did you do?
• If you could be on any TV show, what would it be?
• What makes you laugh?
• What is your favorite car? If you had one, what color would it be?
• If you could have any animal as a pet, what would it be? What do you like about that one?
• Where do you like to go for fun?
• What is the best thing about your house?
• Do you like to play video games? What ones?
• What is your favorite holiday? What do you like about it?
• What is your favorite season? What do you like about it?
• What do you think is the best thing about getting older?
• What do you think is the best thing about your house?
• What makes you laugh?
• What is your favorite holiday? What do you like about it?
• Would you rather play in the snow or swim in a pool?
• What do you think is the best thing about getting older?
• Tell me about your favorite book.
• Make up your own question to answer!

If there is an emergency, call 9-1-1 or go to an Emergency Department. Youth and families already linked with a behavioral health clinician should first contact their clinician or crisis line provided.

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