10 Questions to Ask Your Child at Bedtime

A gentle way to open up the day together, from Once Upon Today

1. What was the very best part of today?
2. What made you laugh or smile?
3. Who were you kind to today — or who was kind to you?
4. Was anything tricky or not so nice?
5. How did that make you feel inside?
6. What might you do differently next time?
7. Did you do something brave or hard?
8. What are you proud of today?
9. What are you looking forward to tomorrow?
10. If today were a story, what would its title be?

Tip: there are no wrong answers. Listen, cuddle, and let the day drift away.

onceupontoday.co.uk — turn tonight's answers into a magical bedtime story