



# Student Behavior & Wellness

## Questions to Ask at Dinner Tonight

### Building Connection and Belonging at Every Age

One of the simplest ways to support your child's mental health is to create space for them to share their feelings about school, friendships, and belonging. These questions are designed to open up conversations about connection—without feeling like an interrogation. Pick one or two that feel right for your family, and remember: listening matters more than having the "perfect" response. Listen more than you talk.

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### K–2 (Early Elementary)

Keep questions concrete, playful, and short, with simple feeling words.

- "What was your **favorite** moment at school today?"
  - "Was there a time today you felt really happy or excited?"
  - "Was there a time you felt a little left out or lonely today?"
  - "Who did you play or talk with today? How did that feel?"
  - "If your feelings today were weather, what would they be—sunny, cloudy, rainy, or stormy?"
  - "Did you see anyone sitting or playing alone today? What do you think they were feeling?"
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### Grades 3–5 (Upper Elementary)

Invite a bit more detail and perspective-taking, but still keep it concrete.

- "What was a 'high' and a 'low' of your day today?"
  - "Was there a moment you felt really included or part of the group?"
  - "Was there a moment you felt alone, even if other people were around?"
  - "Who is someone at school you feel you can always talk to? What makes them easy to talk to?"
  - "Did you notice anyone who might have felt left out today? What makes you think that?"
  - "If you could help one kid at school feel less lonely, what is one small thing you could do?"
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## **Middle School**

Aim for open-ended questions that normalize big feelings and invite reflection, not interrogation.

- "On a scale from 1–10, how connected did you feel to people at school today?"
  - "Was there a time today you felt like you really belonged? What was happening?"
  - "Was there a time you felt like you were on your own or 'in your own world'?"
  - "Who do you feel most like yourself with at school or online? What makes those relationships work for you?"
  - "Do you ever see kids who seem alone at school? What do you wish adults understood about that?"
  - "What's one thing adults could change at school to make it easier for kids to find friends?"
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## **High School**

Use questions that respect their independence and invite deeper conversation about identity, stress, and connection.

- "This week, when did you feel most connected to other people? When did you feel most alone?"
  - "Are there spaces at school (or online) where you feel you can be your real self? What makes those spaces different?"
  - "How do you think your friends are really doing beneath what they show on social media?"
  - "When you're having a tough day, who (or what) helps you feel less alone? What gets in the way of reaching out?"
  - "Do you think people your age talk enough about feeling lonely or left out? Why or why not?"
  - "If you could redesign one part of school to help people feel more connected, what would you change first?"
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**Remember:** You don't need to use every question or have a long conversation every night. Even one meaningful exchange can help your child feel seen, heard, and less alone.