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# Big-Hearted Questions

for meaningful family conversations  
during COVID-19 and beyond

- Did you get a chance to help anyone today?
- Did anyone help you today?
- Who did you enjoy connecting with today?
- Who could we reach out to tomorrow?
- Why do you think it's important that friends, family and neighbors help each other right now?
- What is the hardest thing about this time of social distancing?
- What is the best thing about this time of social distancing?
- What is something you miss from before this time of social distancing that surprises you?
- What is something you don't miss from this time of social distancing that surprises you?
- What does it mean to have courage? Have you ever had to be brave?
- Can you think of a helpful thing you wish you had done today?
- Today I heard about (something) on the news. I wonder how that experience would have felt? I wonder how we can help?
- How do you make yourself feel better when you feel frustrated or angry at home? What about bored? Worried?
- What is one thing you are grateful for today?
- What is one thing you hope to do better tomorrow?
- What ideas do you have for how we can better support each other in our home?
- Can you think of one act of kindness you would like to share tomorrow?
- Are you feeling sorry about anything that happened today? (Admitting mistakes shows kids that no one is perfect, and opens the way for them to share meaningful apologies.)
- Can you imagine being a doctor or nurse at a hospital right now? A grocery store cashier or food delivery worker? A nursing home care provider? How do you think it might feel?
- Did you learn anything confusing today? Maybe I can help make sense of it.
- What are you curious about? What do you want to learn about today?
- What are you proud of today?
- Can you name something you love or think is special about our family today?
- If you won a grand prize of \$1,000, how would you spend it?
- If you won \$1,000 and could not spend it on yourself or your family, how would you spend it?
- If you could only keep one toy, what would it be?
- If you could only keep one toy, to whom would you give the rest?
- If you could change one thing in the world, what would you change?
- How could we connect with nature in a new way this week?