
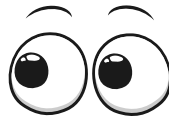


Staying Connected on the Hard Days

(For Both of You!)

A gentle check-in guide for parents and young people
When young people feel overwhelmed or find it hard to put their day into words, staying connected can feel challenging.

These simple questions help create moments of connection, without pressure or needing to fix anything. 



What Happened today?

- What was one good thing that happened in your day?
- Was there anything that felt tricky or stressful?
- Did something make you laugh or smile?
- Was there a quiet or small moment from today that stands out?

(Parent shares too- example)

“Someone at work made me laugh today; it really lifted my mood.”



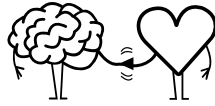
Something I learned or noticed

- Was there something you did today that felt okay or good enough?
- Did you do something today that took a bit of effort?
- Was there a moment you handled better than you expected?
- If you had to pick one thing you did today, what would it be?

(Parent shares too- example)

“I ran into a neighbour for a quick chat and realised how much that connection mattered.”





Feelings & Energy

- If your day was a colour or weather, what would it be?
 - How was your energy today — high, low, all over the place?
 - Did anything feel a bit different today than usual?
 - What's one feeling you had today?
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(Parent shares too- example)
"I felt tired before my walk, but calmer afterwards."
(This helps kids see feelings change and are manageable.)



Looking to tomorrow

- Is there anything you're excited or nervous about?
 - What's one small thing that might help make tomorrow a good day?
 - Is there anything you'd like a little help with tomorrow?
 - What will be your buzzword for tomorrow?
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(Parent shares too- example)
"I'm a bit nervous about a meeting, so my word for tomorrow is flexible."

**Being present matters more than having
the right words.**

