

F-words for Child Development



A Collection of Guiding Questions to Support the Development of Emotional Wellbeing

FUNCTIONING

- Describe a time in your day when you need or want help.
- How do/could you communicate if you need help?
- Is there anything that helps/could help you function better through your day?
- When you don't feel well, can you share what that is like?
- What helps you make sense of something new (e.g. words or pictures)?
- What helps you/could help you when you are stressed?

FAMILY

- Family can include all kinds of different people in your life. Who is part of your family? Who do you live with?
- Is there anything special that you want to share about your family?
- Can you tell me about any special things you do as a family?
- Who can you talk to in your family about how you are feeling?

FITNESS

- How do/would you like to exercise your body?
- What activities keep your mind active? Any favorite brain-boosting games or challenges you enjoy?
- Are there any new sports or activities that you want to learn?
- What activities do you enjoy doing or watching?
- Do you need help with healthy habits (sleeping, eating, and movement)?

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FUN

- What do you do for fun?
- What's your favourite thing to do?
- What is something that makes you smile?
- Can you tell me about something that made you laugh out loud?
- Are there times when you're having fun but also feel upset inside?
- Is it easy or hard to find something fun to do?

FRIENDS

- What do you think makes someone a friend?
- Do you have someone like that in your life?
- Do you enjoy being with your friends?
- What kinds of things are/would be fun to do with friends?
- Do you have friends who make you laugh?
- Sometimes kids don't get along. Has that happened to you?

FUTURE

- What does your ideal or perfect day look like?
- What are you looking forward to in the coming year?
- What do you imagine doing or being someday? Do you ever share this idea with others?
- What helps you get excited about the future?

Consider Asking:

- Can you tell me more?
- Is there anything we missed?
- Is there anyone we are missing in this conversation?

