

Let's Talk

(Ages 3-5) What made you laugh
today?

Brain note: back-and-forth talk builds a child's
language brain.

Let's Talk

(Ages 3-5) What was the best
snack you ate today?

Brain note: kids need a few extra seconds to
find their words.

Let's Talk

(Ages 3-5) If you were an animal
today, which one were you?

Brain note: pretend talk stretches vocabulary
beyond the here and now.

Let's Talk

(Ages 3-5) Who did you play with
today, and what did you play?

Brain note: children talk more when adults
talk less.

Let's Talk

(Ages 3-5) What color do you feel
like right now?

Brain note: naming a feeling helps calm the
feeling.

Let's Talk

(Ages 3-5) What is the silliest thing
you saw today?

Brain note: laughing together releases tension
and invites more talk.

Let's Talk

(Ages 3-5) Did anything make you
feel grumpy today?

Brain note: labeling emotions calms the
brain's alarm center.

Let's Talk

(Ages 3-5) What is your favorite
thing in your room?

Brain note: describing favorites builds detail
in a child's language.

Let's Talk

(Ages 3-5) Who helped you today,
and how?

Brain note: noticing helpers builds a child's
sense of trust.

Let's Talk

(Ages 3-5) What sound do you
love the most?

Brain note: talking about sounds builds a
child's listening brain.

Let's Talk

(Ages 3-5) If you could jump into a
book, which one?

Brain note: shared book talk predicts later
reading skill.

Let's Talk

(Ages 3-5) What made you feel
proud today?

Brain note: praising effort, not talent, builds
persistence.

Let's Talk

(Ages 3-5) What is something that
feels scary to you?

Brain note: naming fears out loud reduces
their grip.

Let's Talk

(Ages 3-5) What do you want to
do tomorrow?

Brain note: imagining tomorrow is a planning
skill that grows with practice.

Let's Talk

(Ages 3-5) Who do you like to sit
next to, and why?

Brain note: choice questions give young
children a sense of control.

Let's Talk

(Ages 6-8) What was the hardest
part of your day?

Brain note: reflecting on a hard day helps the
brain file it away.

Let's Talk

(Ages 6-8) What made you feel
proud of yourself this week?

Brain note: recalling a proud moment
strengthens confidence over time.

Let's Talk

(Ages 6-8) Was anything unfair
today? What happened?

Brain note: fairness questions build early
moral reasoning.

Let's Talk

(Ages 6-8) What is something you
are getting better at?

Brain note: noticing progress keeps
motivation going.

Let's Talk

(Ages 6-8) Who was kind to you
today, and what did they do?

Brain note: recalling kind acts strengthens a
child's empathy.

Let's Talk

(Ages 6-8) If you could change one
school rule, which one?

Brain note: asking a child's opinion builds
their sense of worth.

Let's Talk

(Ages 6-8) What is a mistake you
made and then fixed?

Brain note: talking about mistakes teaches the
brain they are safe.

Let's Talk

(Ages 6-8) What worries you about
tomorrow?

Brain note: naming a worry makes it feel
smaller and more manageable.

Let's Talk

(Ages 6-8) What makes someone a
good friend?

Brain note: describing a friend builds social
vocabulary.

Let's Talk

(Ages 6-8) What is something you
are curious about now?

Brain note: curiosity raises attention and helps
memory stick.

Let's Talk

(Ages 6-8) When did you feel left
out lately?

Brain note: feeling left out registers in the
brain like physical pain.

Let's Talk

(Ages 6-8) What is your favorite
thing about our family?

Brain note: telling family stories is linked to
stronger self-esteem.

Let's Talk

(Ages 6-8) What do you wish
grown-ups understood about kids?

Brain note: feeling understood keeps children
coming back to talk.

Let's Talk

(Ages 6-8) What is something you
want to try but it feels hard?

Brain note: naming a hard goal out loud
makes starting easier.

Let's Talk

(Ages 6-8) What made you feel
calm today?

Brain note: kids borrow calm from the adult
they are talking with.

Let's Talk

(Ages 9-10) What is something you
changed your mind about lately?

Brain note: changing your mind is a sign of
flexible thinking.

Let's Talk

(Ages 9-10) When is it hard to be
honest?

Brain note: talking through dilemmas builds
reasoning, not just rules.

Let's Talk

(Ages 9-10) What does fairness
look like to you?

Brain note: moral reasoning keeps developing
well into the teen years.

Let's Talk

(Ages 9-10) What is a pressure you
feel that we do not see?

Brain note: unspoken stress eases when it is
put into words.

Let's Talk

(Ages 9-10) Who do you admire,
and what do they do?

Brain note: role models shape the goals
children set for themselves.

Let's Talk

(Ages 9-10) What is a friendship
rule you would never break?

Brain note: talking about limits helps kids set
their own boundaries.

Let's Talk

(Ages 9-10) What are you proud of
that nobody noticed?

Brain note: noticing your own effort builds
lasting motivation.

Let's Talk

(Ages 9-10) When did you last feel
truly listened to?

Brain note: feeling heard lowers stress and
steadies attention.

Let's Talk

(Ages 9-10) What would you
change about school if you could?

Brain note: giving opinions builds reasoning
and longer sentences.

Let's Talk

(Ages 9-10) What do you worry
about at night?

Brain note: naming night worries early helps
the body wind down.

Let's Talk

(Ages 9-10) What is a hard thing
you handled well?

Brain note: retelling a hard moment helps the
brain make sense of it.

Let's Talk

(Ages 9-10) What do you think you
will care about at twenty?

Brain note: imagining your future self supports
better choices today.

Let's Talk

(Ages 9-10) When is it right to
speak up for someone?

Brain note: rehearsing what to say makes
speaking up more likely.

Let's Talk

(Ages 9-10) What is something you
believe that others might not?

Brain note: explaining your thinking deepens
your understanding of it.

Let's Talk

Also try: Conversation Cards,
Friendship and Boundary Guides,
and Empathy-Building Activities.

Brain note: Find every set at
NextGenLearners.com.