

10 Question Tuesday

Weekly Check-In for Parents/Caregivers with their child/children!

Ask any of the following questions to develop practical strategies with your child on how to best support their mental health

***you can tailor the questions to fit your child's needs.*

1. What's your favorite way to relax or de-stress?

2. How are things going with your friends? What is something cool you talked about or did recently to connect with them? What is something fun you have planned soon with your friends?

3. What has been taking up most of your mental energy these days?

4. Do you feel anxious? If so, what leads to that feeling, and what does anxiety feel like to you?

5. Who or what is inspiring you the most right now?

6. What has been your favorite part of the week so far?

7. What new activities, music or hobbies do you want to try?

8. What's something exciting that you're looking forward to? What is something that you are absolutely dreading?

9. Do you feel like you have too many responsibilities? Do you think you are managing your time well? What could support you?

10. I love you and care about you. What's the best way to regularly connect about mental health and wellness? What is one thing I can do right now to encourage you?

