STOP ASKING "How Was School?"

5 Simple Ways to Help Your Child Open Up After School

Turn one-word answers into conversations you'll both remember.

Because the little conversations today become the memories they carry tomorrow.



JOURNAL PROMPT JUNCTION

Why 'How Was School?' Doesn't Always Work

If you've ever asked your child, "How was school?" and gotten "Fine," you're not alone. After a full day of learning, making decisions, and following rules, many kids simply don't know how to summarize their day. A better question often leads to a better conversation.



It Starts With One Better Question

Most parents know this conversation...

"How was school?" ----> "Fine."

"What did you do?" ----> "Nothing."

But sometimes all it takes is asking a different question.

One parent told us that after trying a new prompt, a simple after-school conversation turned into stories, laughter, and memories they hadn't expected.

That's why every Journal Prompt Junction conversation starts with just one thoughtful question.

1 Ask About One Specific Moment

Try asking:

- What made you laugh today?
- What surprised you today?
- Who made you smile today?

Why it works

It helps kids focus on one small moment, which is easier to remember and share.

PARENT TIP: Follow up and listen with curiosity. The little moments often lead to the biggest conversations.

2 Let the Car Do the Talking

Car rides naturally reduce pressure.
Try asking:

- If today had a movie title, what would it be?
- What was today's biggest plot twist?
- Who was today's funniest character?

Why it works

The relaxed setting makes kids feel safe and more open to talking.

PARENT TIP: Keep the questions light and playful. You're not interviewing—you're connecting.

3 Share Your Story First

Go first. Share something funny, frustrating, or surprising that happened to you.

Kids often respond more naturally when the conversation feels shared instead of an interview.

Why it works

It shows them it's safe to open up and that everyone has moments worth sharing.

PARENT TIP: "Today I spilled coffee on my shirt right before a meeting!" Silly or real—your story invites theirs.

4 Ask Fun Questions

Silly or imaginative questions make conversations light, fun, and pressure-free.
Try asking:

- If your teacher had a superpower, what would it be?
- If lunch had to be one color tomorrow, what would you choose?
- What would make today a 10 out of 10?

Why it works

Fun questions shift the pressure off the "right" answer and spark creativity.

PARENT TIP: Laughter often opens the door to deeper talks.



5 End the Day With One Simple Question

Bedtime can be a wonderful time to connect.

- What was your favorite part of today?
- What are you looking forward to tomorrow?
- Is there anything you wish had gone differently?

Just one question can become your family's favorite bedtime tradition.

Why it works

Ending the day with curiosity creates a calm, positive connection and helps kids feel seen, heard, and supported.

Parents are saying...

★★★★★
"This is very sweet for a mom and daughter. They loved it!"
– Angel

★★★★★
"We'll enjoy this now, but they'll appreciate it even more when they are older."
– Etsy Buyer

★★★★★
"My son and I really enjoyed it and look forward to connecting more."
– Alex

LOVED BY FAMILIES ON ETSY

Bonus
Conversation Starters

Need a question that's just right? These fun, thoughtful prompts can spark meaningful conversations any day of the week.

- What made you laugh today?
- What's something new you noticed?
- If today had a soundtrack, what song would be on it?
- Who was kind to you today?
- What's something you taught someone else?
- What would you do differently if you could repeat today?
- What are you excited about tomorrow?
- What was today's funniest moment?
- If today were a weather forecast, what would it be?
- What's one thing you hope you remember from today?
- If today became a movie, what would the title be?
- If your backpack could talk, what would it say about today?

Tips for Using These Prompts:

- There's no right or wrong answer.
- Listen with your whole heart.
- Ask follow-up questions.
- Let the conversation wander!

Better questions. Better conversations. ♥ *Journal Prompt Junction*

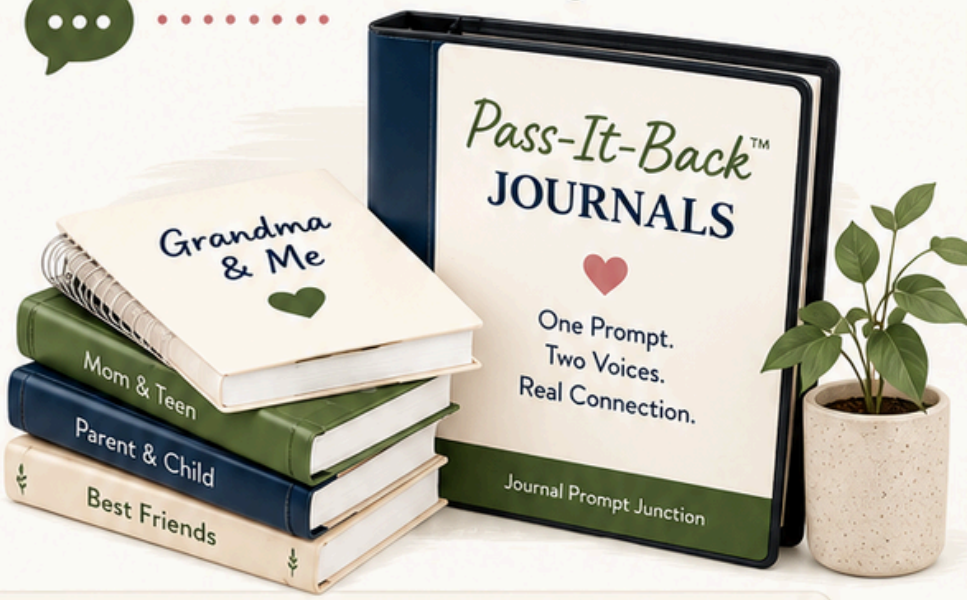
Keep the Conversation Going

Today's Conversation. Tomorrow's Keepsake.

The questions in this guide can spark wonderful conversations.

Our **Pass-It-Back™ Journals** help you capture those moments—creating a keepsake you'll treasure long after childhood is over.

Every prompt becomes part of your family's story.



One Prompt.
A thoughtful question that gets people talking.

Two Voices.
Each person answers, then passes it back.

Real Connection.
Meaningful conversations that build strong bonds.

How Pass-It-Back Journals Work

1. One person answers today's prompt.
2. Pass the journal to someone you love.
3. They answer the same prompt.
4. Read each other's thoughts.
5. Repeat and keep the conversation going.

★★★★★ "We'll enjoy this now, but they'll appreciate it even more when they are older."
– Etsy Buyer

Families love the moments these journals create.

Ready for Your Next Conversation?

Download your **FREE Family Connection Starter Kit**

- 7 new conversation starters
- Printable "Me & You" pages
- A sneak peek at our **Pass-It-Back™ Journals**

Visit **Get the Family Connection Starter Kit**

BETTER QUESTIONS. BETTER CONVERSATIONS. ♥ JOURNAL PROMPT JUNCTION