



QUESTION TIME WITH ALEX

Whether you are a parent, educator, or therapy provider, we know that conversations with our children are important. Questions develop critical and creative thinking, foster emotional growth, and encourage empathy.

Let children know they are in a judgment-free zone, and there are no wrong answers! Pause when they are answering. Listen to what they have to say, and answer any questions they may have for you.

Maybe you discover your child has a fear you didn't know about or that they have a bias you need to address (later). This is a special moment to share anything, and let them know they can talk to you. Don't forget to have fun!

- Who is someone whom you can share your worries with?
- What are some things you worry about?
- Where can you go to calm your worries?
- When you have a worry, is there something you do to calm your mind?
- Why is it important to share your feelings?
- How can you comfort someone that is worrying?