FREE GIFT · THE BRAIN EXPLORER'S DIARY

36 Dinner-Table Questions

For the table, the car or bedtime. Six for each topic in the book. Pick one card, everyone answers, grown-ups too.

A few house rules that make it work

- Grown-ups answer first sometimes. Kids open up more when you go first.
- "Pass" is always allowed.
- No fixing, no lectures. Just "tell me more."
- What's said at the table stays at the table.

Print on card stock, cut along the dashed lines.

FEAR & WORRY

What's something that scared you when you were little but doesn't now?

FEAR & WORRY

Where in your body do you feel it first when you're nervous?

FEAR & WORRY

What helps you fall asleep when your brain won't stop thinking?

FEAR & WORRY

What's a worry that turned out to be way smaller than you thought?

FEAR & WORRY

If your Alarm had a volume knob, what would you turn it down for?

FEAR & WORRY

Who's a person you feel calm around? Why?

ANGER

What's the most annoying thing that happened this week?

ANGER

What's something that feels unfair to you right now?

ANGER

What do you do to cool down when you're really mad?

ANGER

Have you ever said something you wished you could take back?

ANGER

Are you a "need space" or a "need to talk" person when you're upset?

ANGER

When you're hungry or tired, what changes about you?

PHONES & SCREENS

What's one app or game you could explain to us like a teacher?

PHONES & SCREENS

When does scrolling stop being fun?

PHONES & SCREENS

What do you think the rules for grown-ups' phones should be?

PHONES & SCREENS

What's the best thing you've seen online this week?

PHONES & SCREENS

If we had one screen-free evening a week, what would you want to do?

PHONES & SCREENS

Have you ever seen something online you wished you hadn't?

FRIENDS

What makes someone a good friend?

FRIENDS

Who did you laugh with most today?

FRIENDS

Have you ever felt left out? What helped?

FRIENDS

When does teasing stop being funny?

FRIENDS

Is there someone at school who might need a friend?

FRIENDS

What's a group chat rule you wish everyone followed?

CONFIDENCE

What's something you're better at now than a year ago?

CONFIDENCE

What's a mistake that taught you something?

CONFIDENCE

What would you try if you knew you couldn't fail?

CONFIDENCE

What does your inner voice say when something goes wrong?

CONFIDENCE

What's a compliment you still remember?

CONFIDENCE

When did you feel brave this month?

GROWING UP

What's the best part about being your age? The hardest?

GROWING UP

What's one thing you want to be allowed to do next year?

GROWING UP

What's a habit you'd like to start?

GROWING UP

What do you think grown-ups forget about being a kid?

GROWING UP

What's something that changed for you this year?

GROWING UP

What do you want to remember about this year when you're older?