STORY & TALK

A FREE MINI RITUAL

Questions to Connect

Five little questions to open up big conversations with your child.

+ 5 BONUS QUESTIONS INSIDE

MONDAY · TUESDAY · WEDNESDAY
THURSDAY · FRIDAY

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Why five minutes of talking matters

You don't need a big block of free time to build closeness with your child. You need a small, honest question — and a moment where you're both actually listening.

One little question at dinner, in the car, or at bedtime tells your child: I'm curious about your inner world. Over time, those small moments add up to something bigger — trust, openness, and a child who knows they'll be heard.

This little card set gives you one question for each weekday, plus a few bonus favorites. No prep, no pressure — just open it up and start talking.

with warmth,
Juliana, Founder of Story & Talk

MONDAY

Memory Lane

Revisiting a happy memory together isn't just sweet — it helps children feel grounded, connected, and sure of their place in your story.

TODAY'S QUESTION

"What's a memory that always makes you laugh when you think about it?"

TUESDAY

Grateful Heart

Naming what we're thankful for shifts the mind toward safety and connection — a small daily habit that builds real emotional resilience.

TODAY'S QUESTION

"If you could thank one person for something they did for you this year, who would it be — and why?"

WEDNESDAY

Wonder & Giggles

Midweek silliness is good medicine. Playful questions lower stress and teach kids that connection can also mean pure, easy fun.

WOULD YOU RATHER

"Have a pet dragon, or be able to talk to every animal you meet?"

THURSDAY

Dream Big

Big imaginative questions light up creativity and problem-solving — and remind your child that their ideas are always worth hearing.

TODAY'S QUESTION

"If you could design a playground for the whole world, what would be in it?"

FRIDAY

Favorite Things

Ending the week by celebrating small favorites helps kids feel truly known — and gives you a lovely little window into their world.

TODAY'S QUESTION

"What's your favorite sound in the whole world?"

ANY DAY

Bonus Round

1. *What's the silliest thing that made you laugh this week?*

2. *If our family had a theme song, what would it be?*

3. *What's one thing you wish grown-ups understood better about being a kid?*

4. *If you had a superpower for just one day, what would you do with it?*

5. *What's something small I do that makes you feel loved?*

STORY & TALK

Keep the conversation going

These five questions are just the beginning. Our full *Connection Starter Kit* brings you conversation cards, story prompts, a bedtime ritual guide, and more — everything you need to build this habit for good.

Visit our website to explore the full collection and find more ways to connect with your child.

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