

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.*

10

Questions On A

WEEKLY

DAY

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<ul style="list-style-type: none"> ■ What's your favorite way to relax or de-stress? 	<ul style="list-style-type: none"> ■ What has been your favorite part of the week so far?
<ul style="list-style-type: none"> ■ 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? 	<ul style="list-style-type: none"> ■ Do you feel like you have too many responsibilities? ■ Do you think you are managing your time well? ■ What could support you?
<ul style="list-style-type: none"> ■ What has been taking up most of your mental energy these days? 	<ul style="list-style-type: none"> ■ What new activities, music or hobbies do you want to try?
<ul style="list-style-type: none"> ■ Do you feel anxious? If so, what leads to that feeling, and what does anxiety feel like to you? 	<ul style="list-style-type: none"> ■ What's something exciting that you're looking forward to? ■ What is something that you are absolutely dreading?
<ul style="list-style-type: none"> ■ Who or what is inspiring you the most right now? 	<ul style="list-style-type: none"> ■ 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?