

**Title of the Practical Activity:** Today I enjoyed the most.....

**Description of the practical activity:** Some kids enjoy speaking a lot about their lives, whilst others rarely participate to the conversation. In order to investigate the types of children we are working with, their likes and dislikes, we can invite them to a game where we get to know each other better.

This game is easy to play anywhere; on our way to kindergarten, in the car etc. The parent can start the game in order to encourage the child to participate. In time, the child will be the one to initiate the dialogue. "What I liked the most today is that I achieved everything I set up to do at work. What did you like the most?" It is possible that what the child reveals he enjoyed the most is surprising in an unpleasant way (enjoying undesirable behaviour etc). These are key moments when the parent needs to manage initial reactions and develop a strategy of correcting the behaviours described by the child. It is also possible that the child response is that he did not enjoy anything throughout the day. The parent's role in this case is to identify the activities which triggered enjoyment by using as starting point things he/she knows the child likes in general. "I noticed you made a few drawings today, did you like doing those?"

**Link to file to be downloaded:** <https://www.mother.ly/child/30-questions-to-ask-your-kid-instead-of-how-was-your-day>



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