

**USE THE ROSE AS YOUR GUIDE**:

* + **Stem** – What was **S**omething you learned today?
	+ **Leaf** – What is one thing you are **L**ooking forward to?
	+ **Thorn** – What was something **Hurtful** or annoying today?
	+ **Rose** – What was something **Good** or **Great** that happened today?

**OTHER OPEN-ENDED QUESTION TOPICS**:

* + Highs and Lows
	+ Something that made you laugh?
	+ Something that made you think?
	+ Did you help anyone today?

*Sometimes our kids do not want to talk about their day. It was just boring or just really terrible and they chose to not relive it. They need an escape to dream and stir up some serotonin.*

**CREATIVE QUESTION TOPICS**:

* + If we could hop on a plane right now and go somewhere, where would go and what is the first thing you would want to do when you got there?
	+ What is your most favorite meal I make? Dad makes?
	+ What is your most favorite dessert?
	+ If you could only eat 3 things for the next year of your life, what would they be?
	+ If you could be good at anything and I mean ANYTHING, what would it be and how would you use that to help people?
	+ What is your most favorite gift you have ever received?

*When our kids learn how to have conversations like this with us, it helps them to be more socially and emotionally mature when they are with others and will open so many doors for them in relationships with friends, coworkers, and employers.*

*— Mel Domen*