



Ask the 3 Questions

At home this week ask your kids the three questions about something they've already done.

- What went well and Why?
- What didn't go well?
- What did you learn?

You can ask about school, sports practice, a chore, a family outing, dinner, homework, or really anything.

Asking the questions creates a pattern, lets kids get used to the questions, and lets you practice the questions before goals are even introduced.

Bring back stories and tell us what you learned!