Beyond Fine

SD-B135 / STRATEGISTS · AGES 10–12

Write three check-in questions that invite more than the word fine.

YOU NEED: Pencil

ANALYZE	Think of the last time someone asked how you were and you answered fine. What did you leave out?
CHOOSE	Brainstorm three questions that invite more than fine.
TEST	Pick the best one. Ask it to someone and listen for one full minute.
REFLECT	What did you learn? Which question worked best?

MY THREE QUESTIONS

Write one question per line:

The one I asked

I asked

They said

What I learned

What worked was

Next time I will

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A little help beside the learner. Read this page first; keep the answers here.

LEARNING GOAL
Practice open questions and listening without interrupting.

BEFORE YOU BEGIN
You need: Pencil. Be gentle; if someone does not want to talk, that is okay.

HOW TO GUIDE
Good questions are open: they cannot be answered yes or no. Try what was the best part of your day, or what was hard today. Listen without fixing. Let silence do its work.

WHY IT MATTERS
Open questions build connection. Practicing a few good ones makes it easier to check in with friends and family.

LOOK FOR THIS REASONING
Look for questions that cannot be answered with one word and honest notes about what happened.

IF THEY GET STUCK
Ask: what do you wish people asked you? Try starting with what, how or tell me about.

MAKE IT GENTLER
Write one question and ask it.

ADD A LITTLE STRETCH
Ask the same question to two different people.

A USEFUL STOPPING POINT
Use one of the questions at dinner tonight.