



## “The Curious Goldfish”



### **Objectives:**

- Build trust
- Become more relatable to your child
- Get to know more about each other
- Parent(s) and child bonding

### **Instructions:**

- Put a handful of goldfish crackers (or any small snacks that would be about 10 pieces for a serving size) in a bowl in the center of the table.
- Each person sets a cup on the table, in front of their seat.
- Ask the questions below! Everyone takes turns answering the questions. All participants must remain quiet until the person has completed their answer, but encourage conversation afterwards!
- After answering the question, put a goldfish cracker in their cup (to eat afterwards)! (please use a sanitary utensil!)
- Everyone must answer honestly! Yes, parents, including you!
- We alternate the more serious questions with silly questions. Please set a relaxed/silly mood for this game!



## Questions:

1. What do you think is the hardest thing about being an adult (or kid, for parents to answer)?

*This question will help children think from another person's perspective, hopefully leading to the development of empathy and a sense of gratefulness.*

2. What is the silliest face you can make?

3. Are you a good friend? How so, or why not?

*This question also focuses on being more empathetic and aware of other people's feelings, while opening the doors for a conversation about being respectful to others.*

4. How does mom or dad laugh (imitate it!)?

5. What is one lie that you've told to your parents, that they do not know about yet?

*Make this a funny one so your child does not feel scared about consequences! Parents, this question will do you a HUGE favor. We don't really care about what your child lied about right now. We do care about how we handle this situation. When your child tells you the truth about a negative situation, keep your cool! Your unstable emotions are what keeps your child from telling you the truth! This is a great opportunity for you to demonstrate how you will react to your child in the future, when they tell you about something they've done.*

6. SHOW YOUR BEST DANCE MOVES FOR 10 SECONDS!

7. What is something I do, that makes you upset?

*This question allows your child's voice to be heard, while allowing you to talk to them about a certain behavior that you've been trying to stop. Please listen closely to what your child has to say. When your child feels that their voice has been heard, it raises their self-esteem. Also, if it's something that you must continue to do (like give them a bath), please explain the importance of the situation. The most important thing about this question is teaching your child to respectfully (without throwing a tantrum) voice their opinions.*

8. If you could read minds, who is the first person you would talk to?

9. What are you the most thankful for?

*Please be honest! The first answer that comes to your head is the answer you have to share! Adding words like 'thankful' or 'grateful' into your child's vocabulary can be life changing for them!*

10. What is your favorite thing to do with your family?