

# Bedtime Heart-to-Heart

5 Simple Questions to Close the Day



## The Tricky Part

Was there a part of today that felt 'tricky?'



## The Brave

When did you feel most brave today?



## The Helper

Did you help someone today, or did you see someone being a helper?



## The Laugh

What was the funniest thing that happened today?



## The Right Now:

What's one thing you're glad about right this second?

