



Open Ended

Questions for

3 to 5 year olds



Here are some examples of open-ended questions you can use to engage in positive communication with your child between the ages of 2 to 5.

Each question is crafted in a nurturing and encouraging way to help.

"What was the best part of your day today?"

- Encourages reflection on positive experiences.

"Can you tell me a story about your favourite toy?"

- Invites imaginative storytelling and sharing.

"What do you like to dream about at night?"**

- Opens a conversation about their dreams and thoughts.

"How do you feel when you play with your friends?"

- Prompts them to think and talk about their emotions.

"What makes you feel super happy?"

- Helps identify things that bring them joy.

"Why do you think the birds sing in the morning?"

- Stimulates curiosity and creative thinking.

"What would you do if you were a superhero for a day?"

- Encourages imagination and role-playing.

"Can you describe your favourite place in the whole world?"

- Let them express their preferences and experiences.

"What's your favourite game to play, and why?"

- Helps them articulate preferences and reasoning.

"If you could be an animal, which one would you be and why?"

- Invites them to think creatively and share their thoughts.

"What do you think the clouds feel like?"

- Engages their senses and imagination.

"Can you tell me about a time you felt really proud of yourself?"

- Focuses on self-esteem and personal achievements.

"If you could make a new rule for our house, what would it be?"

- Encourages them to think about structure and their environment.

"What kind of adventure would you like to go on?"

- Invites them to imagine and share adventurous ideas.

"How do you think plants grow?"

- Stimulates curiosity about nature and the world around them.

Produced by Kelly Molloy



Here are 15 open-ended questions designed to foster emotional resilience in children aged 2 to 5 years.

These questions aim to encourage self-expression, problem-solving skills, understanding of emotions, and coping mechanisms:

"How did it make you feel when that happened?"

- Encourages children to identify and express their emotions.

"What can you do when you feel sad to feel a bit better?"

- Helps them think of coping strategies for difficult emotions.

"Can you think of a time you were brave?"

- Focuses on their strengths and past resilience.

"What do you like to do when you're feeling worried?"

- Identifies self-soothing techniques they already use.

"Who is someone you can talk to when you feel upset?"

- Highlights the importance of seeking support.

"What can we do together when things don't go as planned?"

- Encourages collaborative problem-solving and adaptability.

"How do you feel when you help someone else?"

- Focuses on the positive emotions associated with kindness.

"What are some things that make you feel really strong?"

- Identifies sources of personal empowerment.

"Can you tell me about a time you tried something new?"

- Encourages sharing experiences of overcoming fear or hesitation.

"What could you do if your friend is feeling sad?"

- Promotes empathy and understanding of others' emotions.

"What does being a good friend mean to you?"

- Encourages understanding of social relationships and empathy.

"How do you feel when you work hard at something?"

- Focuses on the emotions associated with effort and persistence.

"What are some happy things we can think about when we're sad?"

- Teaches them to redirect thoughts towards positivity.

"What are some things you do that make you feel proud of yourself?"

- Encourages self-recognition and celebration of achievements.

"Can you tell me about a time you kept trying even when it was hard?"

- Highlights determination and perseverance.

