

Get Curious

A simple way to create more connection at home, in school, and in the community.

What Is It?

It's a real, warm, non-intrusive interest in someone's inner world. It signals: "Your experience matters. I want to know you."

What It Is Not

It's not agenda-driven questions meant to steer or prove a point. It's not interrogation questions asked in anger, or rapid-fire questions delivered one after another.

What It Sounds Like

- What's that been like for you?
- Can you tell me more?
- I hadn't thought of it that way - help me understand.
- Can I check something with you... are you feeling overwhelmed right now?
- Walk me through what you were thinking.

This or That Questions

- Are you tired from your work or school day or is there something else weighing on your mind?
- Do you think you were embarrassed when that happened or disappointed?
- Would you rather talk about this now or is there a better time later?

Correct Me If I'm Wrong

- I got the impression you were mad at me, is there something else I was picking up on?
- I thought you wanted me to do that first, was I wrong?
- I might be misunderstanding you, did you think I said or did X?

Multiple Choice

- Do you think you'd like to tell her how you feel, wait and see if it happens again or ask her what she meant when she said that?
- Would you rather study now, when we get home or put it off until tomorrow and have it weighing on you?



Bonus Tips!

Find the Handles

We are looking for handles - we are listening to our kids for something interesting, something we don't know a ton about, or something they've brought up many times before.

Pause

Take a breath between sentences. Let there be quiet sometimes. Take a moment to reflect on what your kid said.

Paint the Picture

Imagine the color and hue of their story. Ask a couple questions to understand their position and get a better understanding.

