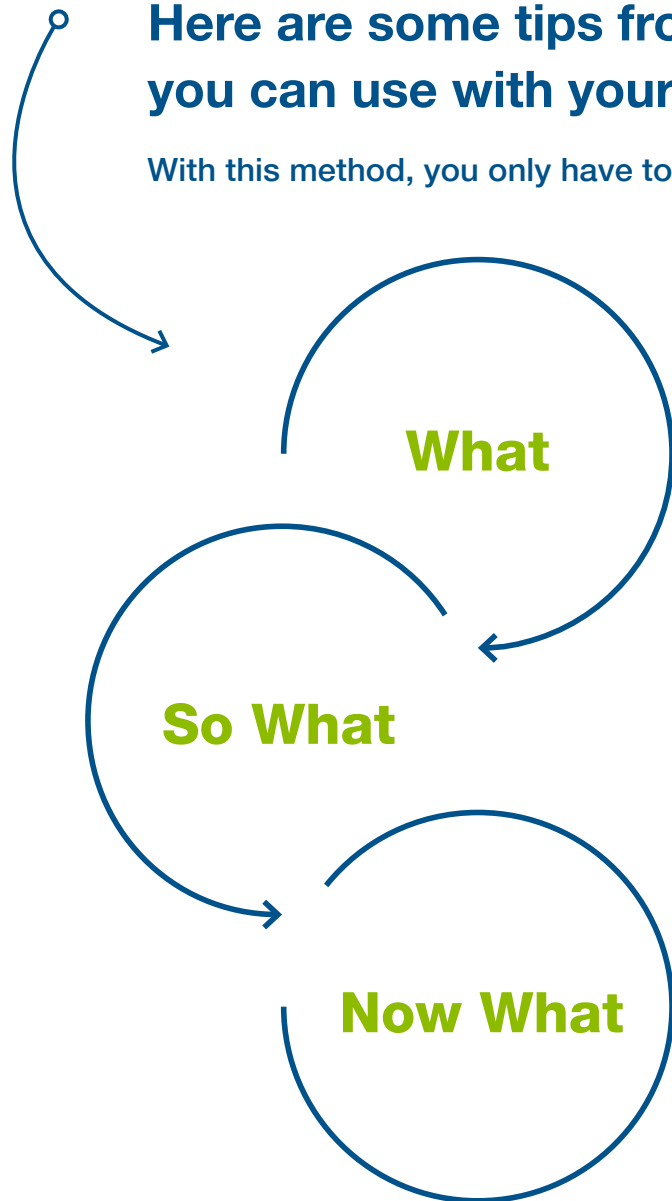


# How to Ask Better Questions

Every summer, we train 100+ summer staff how to facilitate powerful conversations— Here are some tips from our training that you can use with your kids!

With this method, you only have to remember three steps:



## First, “What?”

Simply get the “facts” of what happened – don’t just ask one of these questions, ask a few! Asking more questions will help both your “internal” and “external” processors.

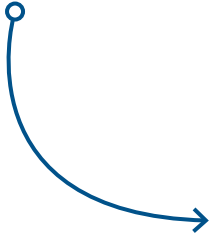
## Second, “So What?”

After learning what happened, start to ask questions that dig into more subjective opinions, emotions, and interpersonal dynamics.

## Third, “Now What?”

This is the fun part! By asking “now what?” you’re helping your kiddo explore connections from today’s event to the future.

# Sample Questions



## What – Discovering Facts

- What did you do today?
- What did you observe?
- What was your role in the activity?

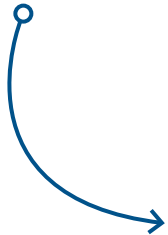
## So What – Digging In

- What new skills did you learn?
- Did you hear, feel, or say anything that surprised you?
- How was your experience different from what you expected?
- What \_\_\_\_\_ you? – disappointed, intrigued, inspired, excited
- How did the environment impact the way you approached the situation?

## Now What – Exploring Connections

- What does this mean for tomorrow?
- What do you want to learn more about related to this?
- Who else can you talk to about this?
- If you could do the project/activity/conversation over again, what would you do differently?
- How can you talk with others about this?

# What to Avoid



- **Immediate Connections:** It might take a camper a while to connect a “what/so what” response with a “now what” breakthrough. Don’t rush the process! You won’t get an “aha!” moment every time.
- **Zombie Talk:** Sure, maybe you asked a great question—but were one of you not giving 100% attention? Invite truth-telling and vulnerability by being 100% present—turn phones to silent and remove them from the table, look each other in the eye, and be in the moment.
- **Leading the Witness:** Often times, when we get to the “now what,” we’re tempted to lead the individual into answering in a certain way (the way we think is right). Try to avoid this—you’re building long-term trust and respect, they don’t need to answer the “right” way every time.
- **Vague or Closed Questions:** If you get a vague response, think back to the question you asked—chances are, it was probably closed or vague itself.
  - Did you have a good day? → What happened today?
  - How was your day? → What surprised you today?
  - What happened today? → What was the best part of your day?
- **One & Done:** We take this two ways...
  - Just because one question fails to get a “good response” doesn’t mean the next question won’t. Keep at the conversation and ask a few more questions!
  - If you didn’t have the best conversation in the moment, don’t worry! Sometimes kiddos need a bit of time to “simmer” on a new thought or idea.

Facilitating meaningful reflection time is core to the HoneyRock experience. We hope this excerpt from our staff training guide, adapted for life at home, helps continue your family’s fun and meaningful conversations!

- The HoneyRock Program Team

