

# 4 BEDTIME QUESTIONS

## for TWEENS and TEENS

Connecting at bedtime is a great time for back rubs and heart-to-heart conversations with your tween/teen. Take turns sharing your answers to these questions and you will have the opportunity to learn, listen, encourage, and get to know each other more! Ending the day with meaningful connection strengthens your bond in ways busy days often don't allow.

- 1 What were today's "Ups"?
- 2 What were today's "Downs"?
- 3 What were your good character moments?
- 4 What would you rewind and do better?