

Highs & Lows Dinner Table Cards

Cut out these cards and select one high and one low to each share together.

HIGHS

What made you smile today?

What's something you're proud of from today?

Who made your day better?

What's one thing that went really well?

What's something kind you did or saw today?

LOWS

What was challenging today?

Did anything make you feel frustrated or sad?

What's something you're still thinking about?

Was there something you wish had gone different?

Did you feel confused at any point?