30-Day Family Challenge: Daily Prompts

Sample edition for review

Included content: 30 optional prompts, one for each day
Use: Choose any prompt, pause, take a break, or skip

HOW TO USE THIS PAGE
Try one prompt on a day that suits you. You may write, draw, talk, think quietly, or pass. There is no required order and no right answer.
Stop or choose another activity if a prompt feels uncomfortable. Ask a trusted adult for support when you need it.

DAY 01 - What is one thing you can see, hear, or feel right now?
DAY 02 - Which feeling word fits today, if any? You can draw one or choose your own.
DAY 03 - What is one thing you would like your family to know today?
DAY 04 - What helps you feel comfortable when talking with someone?
DAY 05 - When do you like quiet? What could you do if you want a pause?
DAY 06 - Think of a time you changed your mind. What helped you decide?
DAY 07 - What is one small choice you can make today?
DAY 08 - When someone says no, what could you say next?
DAY 09 - What is a kind way to ask for space?
DAY 10 - What is one thing you might ask for help with?
DAY 11 - How can you check whether someone wants a turn instead of guessing?
DAY 12 - What could you do if you disagree about a game or activity?
DAY 13 - How would you like others to listen when you are sharing?
DAY 14 - What can you say if you are not ready to answer?
DAY 15 - What could you ask someone who wants to join an activity?
DAY 16 - What choices can each person make when planning something together?
DAY 17 - If it feels comfortable, what is something you appreciate about someone in your family?
DAY 18 - Draw a place you like or make one up. What would you put there?
DAY 19 - What helps a conversation feel comfortable for you? You can pass on this question.
DAY 20 - What would you like someone to ask before helping you?
DAY 21 - What is one small way to make things right after a mistake? Ask before taking action.
DAY 22 - What could you do if someone is upset and does not want to talk?
DAY 23 - What could you say if you need more time before deciding?
DAY 24 - What is one peaceful way to end a hard conversation?
DAY 25 - How could your family choose a shared activity that works for everyone?
DAY 26 - Would you rather speak, draw, write, or think quietly today?
DAY 27 - If you said something you wish you could take back, what might you want to do next?
DAY 28 - What is something you would like to ask a family member, if they are ready to talk?
DAY 29 - What would you like to remember from these prompts? It is okay to choose nothing.
DAY 30 - Choose a prompt to repeat, change, or skip. What would you like to do today?