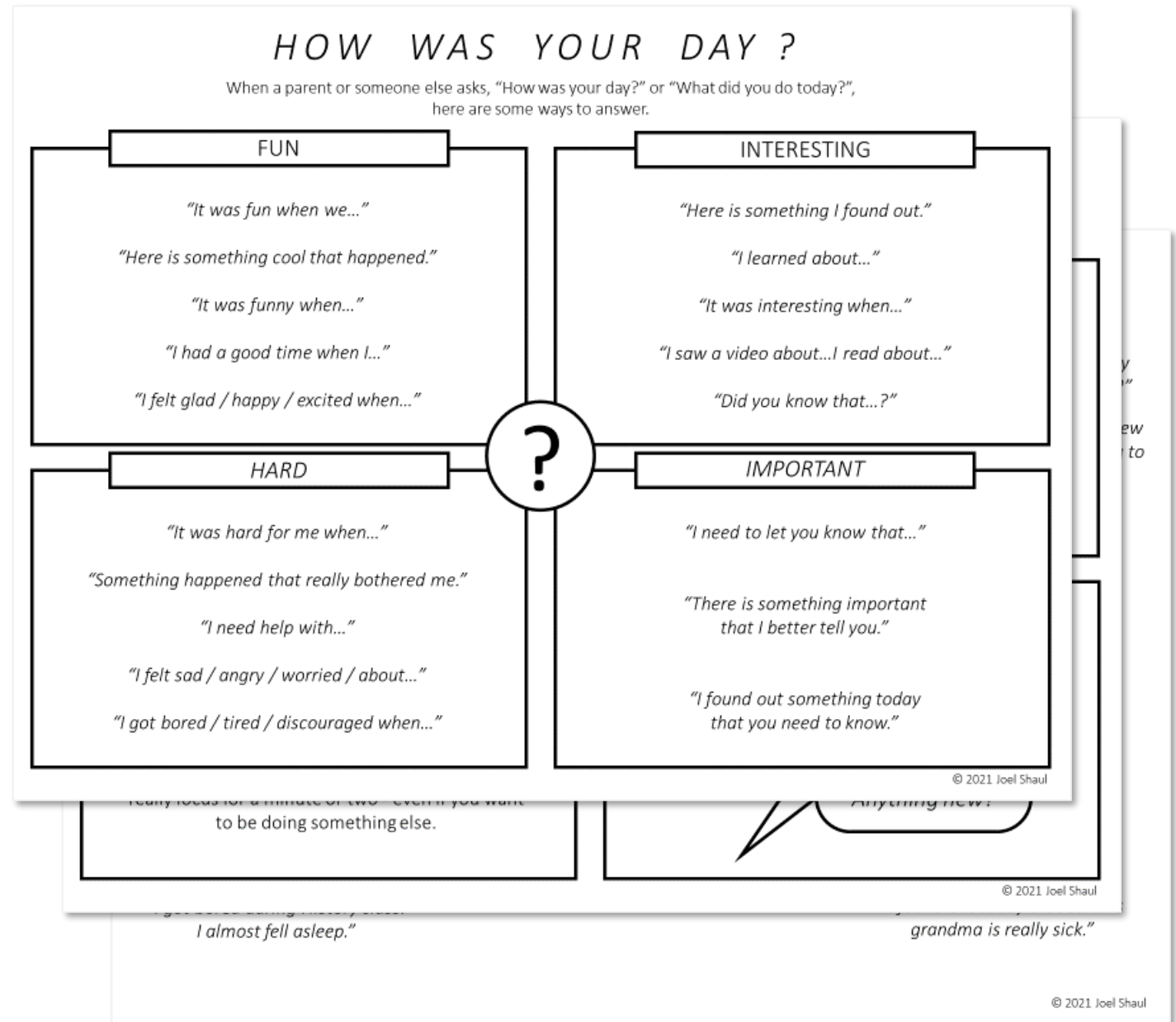# HOW WAS YOUR DAY?

help sheets

Many children, especially children with autism spectrum disorders, have difficulty answering these questions from their parents at the end of the day. Children might be tired or distracted. They might not grasp the importance of exchanging information about the school day. They may have an impaired sense of what the parent knows or does not know.

I designed these sheets so that:

*Parents can use them as written prompts

*Mental health therapists and speech therapists can use them for guidance and practice for this important aspect of the parent-child relationship.

HOW WAS YOUR DAY ?

When a parent or someone else asks, "How was your day?" or "What did you do today?", here are some ways to answer.

FUN

"It was fun when we…"

"Here is something cool that happened."

"It was funny when…"

"I had a good time when I…"

"I felt glad / happy / excited when…"

INTERESTING

"Here is something I found out."

"I learned about…"

"It was interesting when…"

"I saw a video about…I read about…"

"Did you know that…?"

HARD

"It was hard for me when…"

"Something happened that really bothered me."

"I need help with…"

"I felt sad / angry / worried / about…"

"I got bored / tired / discouraged when…"

IMPORTANT

"I need to let you know that…"

"There is something important that I better tell you."

"I found out something today that you need to know."

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Joel Shaul, LCSW

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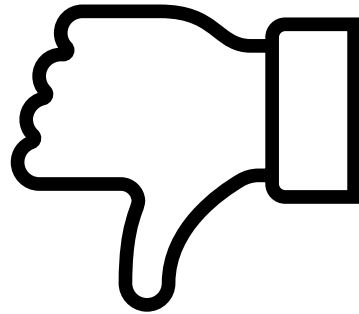
When grown-ups ask you about your day,

here are some things to keep in mind.

TRY NOT TO SAY...

"Nothing much."

"I don't know."

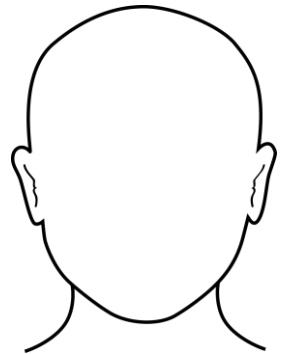*"It was all the same as usual."*

WHAT THEY DON'T KNOW YET.

During your day, you saw and learned many things that the grown-up doesn't know about yet.

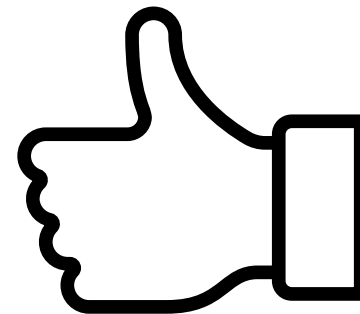You can update the grown-up. Then they will know too.

GROWN-UPS HAVE TO ASK.

All grown-ups need to know about what their kids have been doing all day. It's their job.

Try to not act annoyed when they ask.

When answering their questions, you should really focus for a minute or two - even if you want to be doing something else.

ASK ABOUT THEIR DAY TOO.

"How was your day?"
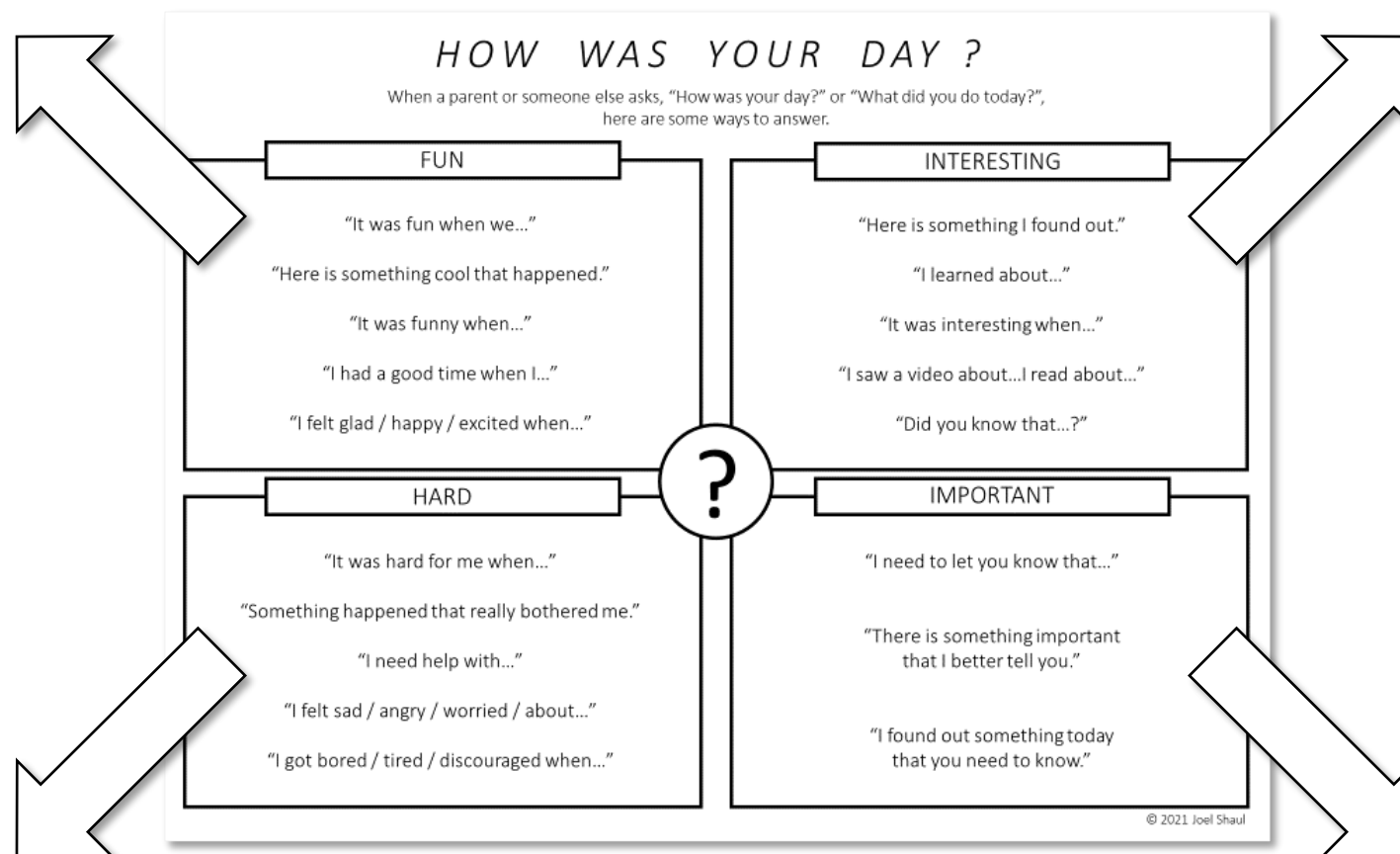
"How was work?"

"Anything new?"

Some examples of ways to answer.

"It was fun when we got extra recess time."

"I had a good time when Alan traded a couple Pokémon cards with me."

"Did you know that yesterday Joe's school bus broke down?"

"I saw a video about some a new space telescope they are going to launch next year."

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"I need help with my book bag because it's getting too heavy for me."

"I got bored during History class. I almost fell asleep."

"I need to let you know that the day for the Zoo trip has changed."

"I found out today that Sarah's grandma is really sick."