Ages: 2-3

What did you enjoy today?

1.5 min



Tip for the parent: A 2-3 year old can't yet recall "the whole day" in the abstract. Help them - name 2-3 SPECIFIC moments from the day that you saw yourself.

Main question (from the parent): «What did you enjoy today - the cartoon about puppies? Or the little apple at snack time? Or when daddy tossed you up in the air?»

Listen: The child will pick one or point with their hand. They might name a fourth thing - that's even better.

If they open up: «Yeah, the cartoon! Which puppy did you like best in it?»

What we practised:

«The ritual of "remembering something good before sleep" works from age 2 - if the parent helps with specific prompts. A year of this practice, and the child develops the habit of focusing on the good.»