



BASICS
by WELLNESS HUB

What is the first thing you do after you wake up?



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What do you like to eat for breakfast?



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Who helps you get ready in the morning?



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What are your favorite clothes to wear?



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Tell me about what you do at school or daycare



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Do you have a favorite book or toy at school?



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What is your favorite part of the school day?



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Who is your best friend at school, and what do you play together?

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**What is your favorite snack,
and when do you eat it?**



**Do you help cook or
set the table for meals?**



**What do you usually
eat for lunch?**



**What's your favorite
dinner food?**



**What games do you
play after school?**



**Do you have a favorite
toy or game? What is it?**



**Do you like playing inside
or outside better?**



**Can you tell me about your
favorite playtime activity?**



What do you do after dinner?



Do you watch TV or read books in the evening?



What's your favorite bedtime story?



Do you have a special toy or blanket you sleep with?



What do you do before you go to bed?



Do you have a bedtime routine? What is it?



How do you get ready for bed?



What do you like to dream about?



What chores do you do at home?



Do you have a pet? What do you do to take care of it?



What do you do when it's rainy outside?



What's your favorite thing to do on the weekend?