100 Alternatives to "How Was Your Day?"

What was the most interesting thing you did today?

What made you laugh today?

Did you have any frustrating moments today? Tell me about that.

What was the most surprising thing that happened today?

Did you learn anything new or interesting today?

What did you work on today?

How did you help someone else today?

How did someone else help you today?

What's one thing about this week that you wish you could do over?

What was the funniest or strangest thing you saw this week?

Did you get to solve any problems today?

Have you made anything cool or beautiful this week?

What did you do today, or this week, that you're proud of?

If you could re-live one moment from today over and over again, what would it be?

If you were writing an article about your day, what would the headline be?

If your day were a comic book, who would the hero, the villain, and the hero's best friend be?

Tell me about one person who was a bright light for you this week.

How did you fail today?
What did you learn from it?

How did you triumph today?
What helped you get there?

Did today go as you expected it to go?
Tell me about it.

How are you feeling about...
(The math test? The friendship challenge? The group project? Soccer tryouts?)

What did you daydream about today?

What's one thing you hope will go better tomorrow?

What's one thing you hope will continue tomorrow?

Who was the most fun person you encountered today? How about the least fun?

Would you rather...Go to Math class or English class? Play on the jungle gym, or play on the slide?

If today were a movie/book/TV show/video game, what show/book/movie/game would it be?

Did anything happen today that made you feel good about yourself? What was it?

Did anything happen today that made you feel bad about yourself? Can we talk about it?

What's one thing that helped you show up as your best self today?

Who showed you true friendship today?

If you were rating today from 1–5 stars, what rating would you give and why?

I know you were struggling with _____ yesterday. How did that go today?

What's one thing you learned today that you think I might not know?

What project or assignment did you work on today that you enjoyed? What did you like about it?

Who is the best teacher you have right now? What makes them great?

If you made a time capsule about your day or week that people would unearth in 100 years, what artifacts would you include?

If you had to do everything backwards today, what would your day have been like?

If you could teach your classmates one thing, what would it be?

What are three questions you wish you could ask about today?

If you could have spent extra time in any class today, what class would it be and why?

What's one example of kindness you saw around you today?

What's something you noticed today that you thought was beautiful?

What's one thing you saw today that you would like to be able to fix?

What felt like a big time-waster today?

What did you do or learn about today that you would like to be able to go deeper on?

Did you get to feel creative today?

Is there anything you're looking forward to tomorrow or for the rest of the week?

What was the hardest part of this week for you?

What was the best thing you ate this week? How about the worst?

Did anyone act in a way you felt was unfair today? Tell me about it.

If you could describe your day in just 3 words, what words would you choose?

If you were a weather reporter reviewing the day and predicting tomorrow's weather, what would your report be?

Name three things that made you happy today.

If you drew a picture of your day, what color or colors would you use?

If I were watching you play at recess today, what would I have seen?

Did you play with or sit with anyone new today? Tell me about it.

Did you sing any songs today? Can you sing one for me?

If you were giving your day a report card, what grades would you give?

Tell me two things you felt grateful for today.

What's something you worked on today that you think will take a lot of practice to master?

If today were a food, what food would it be?

if you were the principal of your school, what would you do differently?

If you found out a new student was about to join your class, what would you tell them?

What was your first thought when you woke up this morning?

If you were writing a recipe for a good day, what ingredients would you include?

Tell me about someone you encountered today who you admire.

Tell me one true thing that happened today, and one made up thing. Let's see if I can guess which is true!

If a movie was made about your life, would you include anything that happened today? Why or why not?

If you wrote a book about this month, what would the chapter title for today be? How about for yesterday and tomorrow?

What is one part of your day you wish I could have seen?

If you could choose a playlist to represent today, what songs would be on it?

When you look back on this year in the future, will anything about today be memorable to you?

If you had a photo album of all the moments from your day, what would the top 5 photos include?

What's one conversation you had today that you wish had gone differently? How would you change it?

If today was a day you don't want to talk about, is there anything I can do to help you feel more positive about tomorrow?

Describe the most challenging person you dealt with today in just 3 words, and see if I can guess who you're talking about.

Describe the most fun, supportive, or helpful person from today in 3 words, and see if I can guess who it was.

Did you read or hear anything today that made you really stop and think?

What is the first emotion that comes to mind when you think about today?

Who or what made you smile today? Tell me about it.

What made you feel the most comfortable today? Least comfortable?

If today were an animal, what animal would it be and why?

If you were given 3 wishes that you could only use for today, what would you have wished for and why?

Did you learn anything new about yourself or about a friend today?

On your walk or ride to school today, did you see anything funny, interesting, or unusual?

Did you do anything today that was relaxing or restful?

When did time go quickly today?
When did it go slowly?

Today, I thought of you when....

Did you overcome anything today –– a challenge, a fear, or a worry? Tell me about that.

If you could make up a new word or sound that sums up your day, what would it be?

Did you get to move your body in any fun ways today? What did you do?

Did you give anyone any compliments today?

Did anyone compliment you today?

Was it easy or hard to get out of bed this morning? Did it get better or worse as the day went on?

Did you collaborate with anyone today on a project or idea? How did working together go?

Something happened to me today that I wanted to tell you about. What would you have done when...?

What are three things you said to a friend today that you could also say to yourself?

Tell me one thing for each of your senses that brought you joy today: A smell, taste, touch, sound, and sight.

What would be the best way we could end this day together?

BONUS:
School Day Would You Rather...?

Would you rather have a whole day of English class only, or a whole day of Math class only?

Would you rather go to a school that was taught entirely in a language you don't speak, or have to walk backwards all day long?

Would you rather have indoor recess, or go home one hour early?

Would you rather ride to school on a bus that smelled like skunk, or run the whole way there in bare feet?

Would you rather know what's going to happen this school year before it takes place, or be able to skip one test of your choosing without any penalty?

Would you rather have to take a pop quiz in your least favorite subject, or give a presentation to the whole school?

Would you rather sit with a new person every day at lunch, or become close friends with just one person you've never talked to before?

Would you rather be assigned to a group project with your least favorite classmate, or have everyone watching you during gym class?

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