

**Create The Opportunity
For Safe Communication**

Build Trust & Teach Values

**Strengthen Your
Relationships**

**Develop Your Child 's
Emotional Intelligence**



BEDTIME-GAME

FOR THE WHOLE FAMILY

Created by Debbie De Jager
www.debbiedejager.com

RULES FOR ALL PLAYERS:

1. Everyone must speak the truth and be kind.

RULES FOR PARENTS:

1. Print and laminate each question individually. Keep it in a nice container to play at night.
2. Make bedtime a bit longer, so go to their room earlier to play the game. Let them talk.
3. PARENTS ARE NOT ALLOWED to get upset about anything the children admit or ask. This rule is extremely important. You are creating an environment where your child can share anything with you, knowing that mom/dad will help them, not judge or punish. This game was created to build trust between kids and their parents so that children will refrain from hiding the truth or lying about wrongdoings. Your child should feel safe to share anything with you! It is much easier winning their trust when they are little. Don't waste this opportunity, by losing your temper.
4. When your child admits a wrongdoing, talk about how he/she could've handled it better and let them share

ideas. It is important that you also forgive each other immediately if need be. This game is intended to heal and help your relationship. Your focus should be to teach your child good behaviour and not discipline them during this game for bad behaviour.

5. If one child wants to share something confidential without his/her siblings present, allow it and keep their trust.
6. Be excited about your time together and make the game fun. Use the game to build an amazing strong bond with your children that will stand the test of time! You will never regret time well spend with them!
7. Don't ask questions with a "yes" or "no" answer. You want to start conversation between you and your child. Ask more questions on the same topic, once they've answered. Eg. "WHAT MAKES YOU A LEADER? HOW CAN YOU BEHAVE LIKE A GOOD LEADER?" The answer should be something like... when you care about people; make good choices; have good influence; stand up for peers who are bullied. If your child answers "I don't know", you have an awesome opportunity to teach them something.

Ask questions like "What do you think...?" or "Why do you say that?".

8. I'm a believer and therefore added questions regarding faith in Jesus.
9. Included are a few empty cards which you can use to add your own questions relating to your family & your values.
10. You as the parent can choose how many questions you would like to use every night. I have found 1-4 questions per night to be enough, but this varies according to the questions and discussions.
11. Enjoy every moment with your children. Time passes so quickly and before you know, your children will be leaving your home and this game will be forgotten. May they never outgrow the habit of talking to you about everything and anything. Do your best! Give it your all! RAISE LEADERS!

Debbie De Jager

Certified John Maxwell Coach, Teacher & Speaker

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WHAT ARE YOU THANKFUL FOR?

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**WHAT HAVE YOU LEARNED
TODAY?**

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WHAT ARE YOU SORRY FOR?

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**WHAT ARE YOU LOOKING
FORWARD TO?**

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**WHO NEEDS YOU? HOW CAN
YOU HELP THEM TOMORROW?**

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**IF YOU COULD DO ANYTHING,
WHAT WOULD YOU DO & WHY?**

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**WHO DID YOU COMPLEMENT
TODAY? WHAT DID YOU SAY?**

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WHAT DID YOU ENJOY TODAY?

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**WERE YOU THE BEST “YOU”
TODAY?**

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**WHAT WAS THE WORST THING
THAT HAPPENED TODAY?**

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WHO DID YOU HELP TODAY?

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**WHO WILL YOU TELL
TOMORROW THAT YOU CARE
ABOUT THEM?**

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**HOW CAN YOU SHOW OTHERS
THAT YOU CARE ABOUT THEM?**

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WHAT MADE YOU SAD TODAY?

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**HOW CAN YOU MAKE MOM AND
DAD HAPPY?**

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WHAT MADE YOU HAPPY TODAY?

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**HOW CAN YOU MAKE YOUR
SIBLINGS HAPPY?**

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**HAVE YOU HAD A BAD ATTITUDE
AT ALL TODAY? WHAT DID YOU
DO?**

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**HOW CAN YOU SHOW GRANDMA
AND GRANDPA THAT YOU CARE
ABOUT THEM?**

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**HOW CAN YOU DEMONSTRATE A
POSITIVE ATTITUDE
TOMORROW?**

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**DID ANYONE HURT YOUR
FEELINGS TODAY?**

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**WHAT SHOULD YOU DO WHEN
SOMEONE TREATS YOU BADLY?**

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**WHAT IS DAD'S CELLPHONE
NUMBER?**

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**WHAT IS MOM'S CELLPHONE
NUMBER?**

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WHAT IS OUR HOME ADDRESS?

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**WE HAVE TO EAT TO GROW. WHAT
CAN WE DO TO GROW ON THE
INSIDE & BECOME BETTER PEOPLE?**

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**WHAT IS SPECIAL TO YOU?
WHO IS SPECIAL TO YOU?**

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**HOW CAN DADDY SHOW YOU
THAT HE LOVES YOU?**

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**DID YOU SEE ANYONE BEHAVE
BADLY TODAY?**

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**HOW CAN MOMMY SHOW YOU
THAT SHE LOVES YOU?**

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**DID YOU SEE ANYONE DO
SOMETHING GOOD TODAY?**

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WHAT IS IMPORTANT TO YOU?

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**WHAT DO YOU THINK ABOUT
WHEN YOU PLAY WITH YOUR
TOYS?**

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**IF YOU COULD GO ON HOLIDAY
ANYWHERE, WHERE WOULD YOU
GO?**

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**WHAT WOULD YOU LIKE TO
LEARN MORE ABOUT?**

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**ARE THERE ANY SECRETS THAT YOU
NEED TO SHARE WITH MOMMY OR
DADDY?**

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**WHAT IS THE BEST BOOK YOU'VE
READ?**

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WHAT DO YOU HOPE FOR?

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**WHEN DO WE CELEBRATE OUR
BIRTHDAYS?**

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**WHAT MAKES YOU A LEADER?
HOW CAN YOU BEHAVE LIKE A
GOOD LEADER?**

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**WHAT DO YOU THINK JESUS
WOULD LIKE YOU TO DO?**

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**HOW CAN YOU BECOME MORE
LIKE JESUS?**

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**WHO DO YOU WANT TO PRAY
FOR?**

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**WHAT WOULD YOU LIKE TO TELL
OR ASK GOD TONIGHT?**

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**WHY DID JESUS DIE ON THE
CROSS?**

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**WHY SHOULD WE FORGIVE
PEOPLE?**

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**WHAT HAVE YOU PRAYED FOR
THAT GOD HAS ANSWERED?**

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**WHEN TODAY HAVE YOU FELT
JESUS CLOSE TO YOU?**

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