



Celebrate Family Day September 28, 2026



FAMILY INTERVIEWS

Pretend you have your own TV show and set up family interviews with these two sets of questions: One for parents to ask kids and one for kids to ask parents. You each get a turn to be the host of the show! You might be surprised by what you learn about each other!

KIDS, ASK YOUR PARENTS THESE QUESTIONS:

1. What character quality—such as courage, kindness, responsibility, honesty, or perseverance—was most important to you when you were young?

2. Tell me about a time you had to make a difficult but good choice.

3. What do you think is our family's greatest "superpower"?

4. If you could have one superpower for a day, what would you choose and why?

5. What would your superhero name be?

6. What meal or snack would give you your "superhero energy"?



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PARENTS, ASK YOUR KIDS THESE QUESTIONS:

1. Which hero quality do you think you already have—caring, courage, responsibility, honesty, self-control, perseverance, or teamwork?

2. Which character strength would you like to become better at this year?

3. What would your superhero sidekick be—person, animal, robot, something else?

4. If you could design a superhero headquarters for our family, what would be in it?

5. What song would play when you entered a room like a superhero?

6. What everyday chore would you love to have a superpower for?
