

PROMPT A FAMILY CONVERSATION

ACTIVITY

Time Needed

40–60 minutes

Materials

Suggested prompts

Activity Description

We build relationships through conversation. This activity is designed to get you thinking about how you interact with your family and/or other adult mentors in your life, and to help you make stronger connections. You will develop prompts and questions to use in order to start and continue a conversation.

Suggested Steps

1. Identify a time you can talk with members of your family or an adult mentor you trust. This should be a time when you feel you can open up and talk about serious and important topics. What is a good time for conversation?
2. Develop a list of prompts and/or questions for your conversation. You can use some of the following suggested prompts and questions:
 - What was a highlight of your day?
 - What was a big challenge in your day?
 - What are you grateful for today?
 - What were you like as a kid?
 - What do you wonder about me?
 - What would you do if you could do anything?
 - We talked about finding a Natural High today; what are your Natural Highs?
3. Go home and have these conversations. Consider writing up a reflection piece on the experience.



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