

Prompting a Family Conversation



CHECK LIST

- 15-20 minutes
- Suggested Prompts

ACTIVITY DESCRIPTION

This activity is designed to get students thinking about how they interact with their families or other adult mentors in their life and to make stronger connections. They will develop prompts and questions to use in order to start and continue a conversation.

THE STEPS

1. Talk with students to identify a time they talk with members of their family or an adult mentor they trust (one-on-one and when they are all together). Have them identify a good time for conversation.
2. Each student should develop a list of prompts and/or questions to have a conversation. They can use some of the suggested prompts and questions below.

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. Ask students to go home and have these conversations and report back any interesting findings. They can write it up as a reflection piece.

The Outcome: In this exercise students will begin to learn how to prioritize time and goals. They are asked to identify a time to do a specific activity and get their family on board. They will also begin to use and practice strategies to start and continue conversations which will help them with their communication within their family and in their community.



FOLLOW US

@NATURALHIGH

@LIVENATURALLYHIGH

/LIVENATURALLYHIGH