

Conversation Starter



Top Tip# 1: Take the time to play and have fun with your family

Think about:

What things do we enjoy as a family?

Is there something we haven't tried but would be fun to try?

How can we keep this time playing together special?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #2: Build connections with older relatives
and community elders

Think about:

*Who are our older relatives, older neighbours or community elders
we could reach out to?*

What do they enjoy doing?

How can we keep in touch?

How will we remember to stay in touch all year round?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #3: Appreciate your family and community
- everyone matters!

Think about:

Who are our neighbours?

What acts of kindness can we share with our community and others who live nearby?

How can we show thanks to our family, friends and community?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #4: Encourage each other and offer support

Think about:

How do we know if our family members are happy and doing well?

Do they need help and how could we do that?

How else can we show support for one another?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #5: Participate in local events
and get to know your community

Think about:

What events do we already know about?

Is there a community page online that tells us about local events?

*Can we find out about sporting events, markets, concerts, gatherings,
playgroups, study groups or other support groups?*

How has COVID-19 changed the way events can take place?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #6: Celebrate achievements large and small

Think about:

What are some things we are really proud of?

How does our family celebrate achievements large and small?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #7: Be generous with your time
in your family and community

Think about:

How can I offer my time around the home?

How can I offer my time in the community?

Which organisations are looking for volunteers?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #8: Reduce your stress, remember you need time out too!

Think about:

What can we all do to take time out?

How can I ask for help and who from?

How can I make time for the things I enjoy?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #9: Do something with your family that helps others

Think about:

Do our friends, neighbours or others we know need our help?

What are the ways we can help?

Time? Connection? Expertise?

Think about more questions, record your family's responses and things you might like to do.



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Top Tip #10: Take time out from technology
and enjoy family time together

Think about:

Why is it important to step back from technology at times?

What is a time that suits us all to schedule family time away from screens?

What activities could we do together?

How can we make this time a regular commitment?

Think about more questions, record your family's responses and things you might like to do.

