**Start a conversation!**

Who – You ☺

What – ask an adult a few questions the next time you have a few minutes together.

When – anytime, a conversation does not have to take a lot of time.

Where – at home, in the car, taking a walk – talking can take place anywhere.

Why – its good practice to talk and ask questions when you are comfortable.

How – start talking and have fun!

**Example:**

*My daughter asked me while in the car, “Mom, what were you like in high school?”*

*My response, “I liked sports, talking with my teachers, and I enjoyed homework.”*

*My daughter asked, “Mom, were you the teacher’s pet?”*

*My response (while laughing), “No, I guess I enjoyed school because the teachers listened to what I had to say and actually talked to me. I guess because at home it was different, I couldn’t talk the way I did to others while at school.”*

*My question to my daughter, “Why, how would you describe yourself at school, well when you did go to school?”*

*My daughter, “Well, quiet, but kids can be mean, so I have certain friends I talk to and certain teachers that I know are cool.”*

*My response, “Yeah I can see that, even when I was in high school kids could be mean, but I’m glad you have support from friends and cool teachers. I’m glad you ask me questions, even when you* ***think*** *I’m not cool.”*

Talking seems so simple and natural, but sometimes some people struggle. The only way to get better at something is to practice. Talking about what is on your mind is important. Asking questions is a way of learning.

***Other topics:***

*Look at old photographs or hand-drawn pictures.*

*Favorite activities, foods, stores, movies, books, places to visit.*

*Your Community, what did it look like years ago, where did you go to school.*