

Visit #1 Conversation Starters

Key Words:

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|--------------|-------------------|----------------|
| 1. Health | 11. Preservation | 21. Land |
| 2. Happiness | 12. Perspective | 22. Future |
| 3. Belonging | 13. Story | 23. Reclaiming |
| 4. Hope | 14. Resiliency | 24. Oppression |
| 5. Community | 15. Reliance | 25. Isolation |
| 6. Identity | 16. Self-reliance | 26. Loss |
| 7. Family | 17. Survival | 27. Wellness |
| 8. Home | 18. History | 28. Challenge |
| 9. Dreams | 19. Traditions | 29. Birth |
| 10. Voice | 20. Nature | 30. Creativity |

In groups of 4, create 10 CONVERSATION-STARTING QUESTIONS with the key words assigned to you. You can create 2 questions per word, or you can combine the words within questions. By the end of class today, each group must have 10 strong conversation-starting questions written below in this shared document.

Questions Created by Groups:

1. Is there anything you do to improve your wellness/health?
2. Has your health been impacted by any traumatic event?
3. What are some of your happiest moments?
4. What are some of your least happiest moments?
5. Which of your belongings has the most significance to you?
6. Has there ever been a time where something/someone was once yours but is not anymore?
7. What brings you hope?
8. Has there been a time when you lost hope? If so, when?
9. Tell us about the community you grew up in.
10. How is your community now different than the community you grew up with?
11. Have you ever struggled with your identity?
12. How does your identity define you?
13. How does your family influence you?
14. How would you describe your family?
15. In what ways do you and your family show love and affection?
16. What is home to you?
17. Does home best represent the place you live or the people you're with?

18. Have you accomplished your dreams?
19. Tell me about your dreams, whether you're still pursuing them or have already accomplished them.
20. How do you best express yourself?
21. Can you share an experience or circumstance when you felt (or still feel) like you needed to use your voice?
22. What advice would you give to those who struggle to find their voice?
23. In your own words, what does resilience mean to you?
24. What in your life has taught you the importance of resilience?
25. Tell us about your life story: what events have shaped you into who you are today?
26. Tell us your favourite life story; why is it your favourite?
27. What is your cultural background?
28. What are some family traditions that you value?
29. What was your childhood like?
30. What are some valuable lessons you have learned over your lifetime?
31. Do you engage in any outdoor activities?
32. Do you have a strong connection to the natural world?
33. What advice would you give to a younger person who is starting out their life?
34. What's your secret to living a happy life?
35. What are some self-healing techniques that you have?
36. What is something you have done/given yourself that have helped you in your life?
37. What is your biggest wish for the future?
38. What sort of oppression have you struggled with?
39. Did you face a time in your life where you felt isolated?
40. What did life look like living on your homeland?
41. Do you wish you could reclaim something that you have lost in the past?
42. Do you think that history will continue to repeat itself in the upcoming future?
43. What does the word "reclaiming" mean to you?
44. Tell me about a time of your life and the land you lived on.
45. Do you feel isolated now? Why?
46. Tell me about a time when you witnessed oppression?
47. What is the most valuable thing/person/place that you have lost?
48. Describe the greatest challenge you have had to overcome.
49. Can you share the story of your own birth?

50. Have you or your partner ever given birth? What was that like? What impact did this have?

51. How is creativity a part of your life right now?

52. Is there a connection between creativity and wellness in your life?

53. What do you need the most to be well?