

## Conversation Box – Inclusion Activity for Seniors

### *About the Conversation Box*

The 'Conversation Box: 101 Conversation Starters' contains 101 topics to prompt memories about important events in peoples' lives and to help start conversations about them. The topics are designed to be appropriate for people from most cultural backgrounds and ages, including people affected by the early stages of dementia.

### *Objective*

The aim of the game is to share something about yourself, and to learn about the other players. It is about getting to know each other better.

Some of the topics help celebrate significant parts of our lives. The game is an opportunity for everyone to get involved in the conversation. When we learn about each other we are more likely to feel closer and provide support to others, and feel less lonely ourselves. You might discover some fun facts about the other players, and that friendships grow when you use the Conversation Box!

### *Instructions*

From page 2, you will find all questions. If you wish, type in more questions and add to the mix. Cut them in rectangles and insert them in a box. Voilà, you are ready to go!

As few as two people can play, and as many as 101! Experiment with the ideal size for your group.

A 'first' person is chosen. The first person randomly draws a topic card out of the box. They read out the question to all the participants. Then the first person responds to the question however they wish. The second person then responds to the same topic, then the next person, and so on until every participant has had their turn to speak. Then a second person draws a topic card from the box, reads it out aloud and responds to it. Again, each member of the group responds to the question. And so on until every member has drawn a topic. This may be repeated as many times as desired. Everybody has an opportunity to choose a card and to respond to each conversation topic in turn.

### *Rules*

There are only two 'rules':

- 1) Everybody gets an opportunity to speak
- 2) Everybody listens to each other

### *More about the Conversation Box*

- There are no winners or losers. There are no right or wrong answers.
- You can say as much or as little as you like, but let everybody have their say during their turn.
- If you don't like a topic you don't have to respond to it. Wait for the next topic, or choose another later.
- Topics in **purple** are specifically about the migration experience.
- Topics in **blue** may evoke sad emotions or be difficult to talk about. They are included because life is full of challenges, and learning about each other's difficulties may create and strengthen friendships. Please use discretion before including these cards.
- If you can think of a good topic or question then add it to the box!

### *Directions*

Print out on thicker paper or cardboard. Laminate if you wish. Cut out each conversation topic and place them in a box or other suitable container.



**What is your favourite place in the whole world, and why?**



**Who do you admire the most, and why?**



**Who was your best friend growing up? Tell us one of your favourite stories about things you did together.**



**When you were six, what did you want to be when you grew up?**



**What would you do if you ruled the world?**



**If you could choose anything for dinner, what would it be?**



**If you could invite three famous people (present or past) to dinner, who would they be and why?**



**What is the best present you've ever received from someone?**



**If you could be on any television show, what would it be?**



**What is the one thing you think should be invented to make your life easier or more enjoyable?**



**If you had to live somewhere else in the world, where would you live and why?**



**If you were allowed to go anywhere for your next holiday, where would you go and what would you do?**



**If you had three wishes, what would they be?**



**What is your dream job? Why would you love it and do well at it?**



**Tell us about something that makes you laugh.**



**If you won 25 million dollars, what would you do with it?**



**Tell us who you admire and why.**



**What is one thing that would bring joy to our daily life?**



**Was there one thing you felt held you back from doing what you really wanted to do?**



**What is one thing you'd like to do that could really help your family or a friend?**



**What kind of food did you dislike as a child but love now?**



**Do you remember your first bike? How old were you when you got it? Tell us about it.**



**Did you take family holidays when you were a child? Where did you go? How did you get there?**



**Tell us what things make you feel loved.**



**What was your first job? Did you like it?**



**What belief gives you strength?**



**Did you have any pets growing up? If yes, what kind were they and what were their names?**



**Tell us about something you did as a child that made you the happiest?**



**What was something your parents made you do that you didn't like at all?**



**What was one thing you did when you were a child that made your parents proud of you?**



**Tell us about your wedding. Or about the wedding of one of your relatives.**



**If you could have any animal as a pet, what would it be?**



**Who is your best friend, and why?**



**What do you think makes a person a success?**



**What could you do to make the world a better place?**



**If there was one chore you could stop doing, what would it be?**



**If you could add one item to your bedroom, what would it be?**



**If you had to leave Earth on a spaceship and take 4 friends with you, who would you take?**



**If you could be any animal, what animal would you be?**



**How would you describe yourself to someone who has never met you?**



**What was the very best thing that happened to you today?**



**If you had to gain 10 kilograms, what would you eat to gain the weight?**



**What is your most embarrassing moment from your childhood?**



**What was your favourite toy as a child?**



**What's your favourite memory of a picnic?**



**If you had to teach a class for a day, what would you choose to teach?**



**How can you show someone they are special to you?**



**If you found a \$20 dollar note, what would you do with it?**



**What is the most courageous thing you have ever done?**



**What is the most beautiful place you have ever seen?**



**Describe your perfect day from the time you wake up to the time you go to bed.**



**Who was your favourite teacher at school, and why?**



**If you could only eat three food items for the rest of your life, what would they be?**



**What are two items you would grab if you had to leave in a hurry?**



**What is your earliest childhood memory?**



**If you could paint all your rooms a different colour, what colour would you paint each room?**



**What best qualities of your mother and/or father do you think you have inherited?**



**If you could decorate your room in any way you wanted, what would it look like?**



**Do you feel like you are a leader or a follower? What makes you think that?**



**What are the three most important things you have accomplished in your life?**



**What do you think makes you a good parent, or aunty or uncle?**



**What is one item you should throw away, but probably won't?**



**If you were writing a newspaper article about your day, what would the headline be?**



**What superpowers would you like to have?**



**If you won the lottery, what is the very first thing you would buy?**



**What was the nicest thing you did for someone else today? What was the nicest thing that someone did for you today?**



**If you could be an Olympic athlete, in which sport would you compete?**



**In the movie about your life, what actor would play you?**



**What is the most important thing in your life?**



**If you could change one thing in the world, what would you change?**



**If your life got 'stuck' at one age, what age would you choose, and why?**



**If you could make a movie, what would it be about?**



**What is the one thing you couldn't live without?**



**If you could change one thing about yourself, what would you change?**



**What job would you never want to have?**



**What is the best thing about being the age you are now?**



**What's the one thing that you'd like to be remembered for?**



**Which do you fear more: diving from a high cliff into the ocean, or giving a presentation in front of 5000 people?**



**What is the best compliment you've ever received?**



**Would you rather live in the country, city, mountains or the beach?**



**They say you are as old as you feel. How old do you feel?**



**What do you think is your greatest talent?**



**Tell us the story: "I got into so much trouble when I..."**



Make up your own question



**What do you think is your greatest talent?**





**What do you miss the most about your country of origin?**



**What are you most grateful for about living in Australia?**



**What was your favourite celebration in your country of origin? Tell us about it.**



**What is the funniest Australian expression that you can think of?**



**Can you explain a funny expression or joke from your first language? Does it make sense in English?**



**Can you describe your journey from your home country to Australia?**



**What is the one thing you wished Australians could understand about your culture?**



**Are weddings in your culture different from weddings in Australia? In what ways?**



**What did you think was the strangest thing about Australia when you first arrived?**



**What food did you most dislike when you first arrived in Australia? Can you eat it now?**



**What Australian custom was the most difficult for you to understand when you first arrived?**



**What was the biggest difference between Australia and your home country?**



**Fill in the blank:  
“When I feel sad I need...”**



**What was the hardest decision you ever made?**



**What do you like best about life?**



**What would you do if you saw someone bullying another person?**



**What’s one decision you really regret? How would you change that mistake?**



**What is the hardest thing about being the age you are now?**



**When was the last time you cried? What did you cry about?**



**Make up your own question**