**Activity – Learning About Our Family**

Often, we take for granted what we know about our family. Our parents may share a little bit about what their life was like as a kid, but we rarely take the time to ask questions to understand who they were and what their experience was like.

For this activity, you’ll need questions like the below to interview the adults in your family. Keep in mind, the best way for you to ask these questions is to ask them slowly, allowing as much time as needed for the person to respond.

1. How would you describe yourself?
2. Share one of your earliest memories.
3. Tell me about your grandparents. What were they like?
4. What family tradition was most important to you?
5. What did you want to be when you grew up?
6. If you could talk to yourself as a kid, what would you say? What lesson would you share?
7. What was your favorite thing to do as a kid?
8. What is your favorite thing to do now?
9. Why is spiritual life important to you? What is important for me to learn and practice?
10. Who inspired you to be who you are today? What was it about them?
11. Looking back, would you have done anything differently?
12. Do you know I love you?