

CONVERSATION STARTERS

Simple, quick conversation starters are a great way of relaxing, getting people talking, and learning more about each other at the start of each session. The words of Wisdom and Career Stories activities also make inspirational displays by giving each person a small coloured sheet or card to record their response on.

Curiosity Questions

Younger and older people pull a prompt out of the bag or box and share with the group. Printable in the template section of the toolkit.

Careers Stories

Invite the older people to share what their career was and what they enjoyed and the younger people to share what they hope to do for a career when they're older.

Names!

Share who chose your name for you, its meaning or whether you like your name or not with the rest of the group.

Biscuits!

Go round the group sharing your favourite biscuit and how you like to eat it. (with a cup of tea? topping first? Hidden away from the rest of your family?!)

Childhood Games

Share a game you loved playing when you were a child (or maybe still enjoy now!)

Words of Wisdom/ Hopes for the future (BEST FOR FINAL SESSION)

Invite older people to share a few words of wisdom or encouragement to the younger people. In exchange the younger people share what they hope to do with their lives - travel, work or experiences.