

Get to Know the Generations in your Family

Choose one value or belief that your parents hold. Talk to them about this belief.

Equally, if you are the parent, talk about one value or belief that your children or grandchildren hold.

You could ask:

How did you learn this value?

How has it guided your life?

Has it changed during your life?

For other ideas on having family conversations, see the box below.

Family Conversations: Talking About Your Differences

What was a defining moment in history for you?

When you were a teenager, what were some of the fads?

Who was your favourite movie star when you were growing up? Television program? Music group?

What can you teach us in our generation?

What do you think that you can learn from other generations?

Updated 2020

You have permission to copy this activity for personal use and to share with others.

Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2nd ed. 2010. ElderWise Publishing. <https://youragingparents.ca/home>

Questions? Contact us: info@youragingparents.ca