

Conversation Starters for Reminiscing

How old were you when you started to help with household chores, farm chores or the family business? Who taught you how to do these things?

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What is most important to you?

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When and where were you born? Do you know who else was present?

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What was the first movie you saw in a theater?

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What did your family do to celebrate birthdays when you were a child?

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How many siblings do you have? Tell me one thing you recall about each of them.

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What were your parents' careers?

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What was the make, model and color of the family car you liked best growing up?

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As a student, did you study for tests long before they happened or cram the night before?

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What were the most popular toys when you were a young child?

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What board games did you play in junior high and high school?

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What type of music did you like when you were in school? Did you sing or play an instrument?

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What type of activities did you participate in as a youth? (music, sports, speech, 4-H, faith-based groups)

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Did you have a job during your high school years? Where did you work? What were your tasks?

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What type of technology have you found most helpful in your life? What technology do you think we could do without?

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What would you like to ask your mom or dad?

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Who were your childhood friends? Who are your high school friends?

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What are you most proud of?

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How did you get money as a child? Did you have a job or receive an allowance?

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Which was your favorite subject or class in school? Which class didn't you like?

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What was your favorite school lunch?

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Tell me what makes a day "great" for you.

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What was a favorite hobby you had as a child? As an adult?

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Which sports do you follow? Why?

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Tell me about a funny incident with a team to which you belonged.

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Which hairstyles were popular when you were in high school?

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What were the fads in clothing that you liked best through the years? Which do you find amusing?

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What is a typical day like for you?

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What do you do for fun?

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Which household chore do you like to do? Which is your least favorite?

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What were your parents like when they were older?

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What surprises you most about life?

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Name one person who helped shape your life. What impact did that person have?

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What do you look forward to?

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Which holidays did your family celebrate when you were a child? Did you continue those traditions as an adult?

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What rules did your parents/guardians have for you?

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If you could solve one problem, what would it be?

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Name one piece of advice you got from your parent or parents.

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Name one piece of advice you got from your grandparent(s).

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How would you describe your favorite teacher?

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Name a favorite book or movie.

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Name one family ritual, tradition or practice you enjoy and one you would like to stop doing.

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What is one value your parents held that you share. What is one value you do not share.

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Describe an event or situation that made you think differently about life.

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Through time, do you feel you have changed the way you think about people?

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What do you consider the significant successes you have had in your life?

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What advice do you have for me at my age?

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If you could tell the world one thing about living your best life, what would it be?

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Name all of the different modes of transportation you have used during your life. (skis, dogsled, horse)

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How many states have you visited?

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What one item did you get rid of that you would like to have back?

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Did you ever possess something of great value to you but it was not worth much money?

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What is your full name? Were you named after someone special?

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How are you like one or more of your parents, grandparents, aunts, uncles or cousins?

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Have you ever had a nickname? Who started calling you that nickname?

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What is the best compliment you ever have received? Why?

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What do you hope your children/grandchildren know about you?

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Name the towns where you have lived.

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How do you handle changes in your life?

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Did you or someone close to you serve in the military? Where did that person serve?

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How old were you when you got married? Tell me about your wedding.

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Who taught you to sew? What do you like to sew?

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Who taught you to mow the lawn and tend a garden? How old were you?

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What's your favorite food that a grandparent or other relative made? Did you learn to make it?

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What are your children's names? Why did you chose those names for each child?

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What is the best thing about being a spouse, parent or grandparent?

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Did you have pets? What is your most unusual pet?

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How old were you when you learned to drive? What type of vehicle did you first learn to drive?

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Who taught you to cook and bake? How old were you?

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Name two things that make your spouse special.

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