

Conversations with Seniors



DESCRIPTION

Sometimes all a person needs is for someone to listen. Share a conversation with a senior friend: a grandparent or neighbor – anyone you think could use some company, or you would like to learn more about. The conversation can be over video chat, phone call or as pen-pals!

REFLECTION AFTERWARDS

- Reflect on the similarities and differences you have with your senior friend. Were your similarities and differences what you expected?
- What new things did you learn about the person you spoke with?

RESOURCES

- *Looking for Yesterday* by Alison Jay

PLAN

1. Use the “Conversation Starter” worksheet for conversation ideas.
2. Take pictures and videos of your child and their friend to save the memories.
3. Share a memory of your child and their senior friend on Facebook and tag @SmileWorksPediatricDentistry or post on our “Smile Works Pediatric Dentistry” Facebook page so we can see how much fun they had!





Conversation Starter Worksheet

Find out what you and your Senior Friend have in common by talking about what activities you both enjoyed doing growing up!

Name of Senior Friend: _____

1) What was your favorite thing to do when you were my age? _____

2) Did you play any sports? What ones? _____

3) What was your favorite movie or show? What did you like about it? _____

4) Did you like playing in the snow? ice skating? sledding? _____

5) Did you like going to the beach? swimming? fishing? _____

6) What was your favorite book? _____

7) What was your favorite toy or game? _____

8) Did you have any pets? What kind? _____

9) What was your favorite subject in school? _____

10) What chores did you do around the house? Did you get an allowance? _____

11) What was your favorite family tradition? _____

Make up some of your own questions to ask!

12) _____

13) _____

14) _____

15) _____
