

Connecting at Home

TALKING PIECE

During this time when we are all based at home, here's a way to create positive connections with your family using a traditional Native American talking piece. The talking piece symbolizes a tool that represents respect for the thoughts and feelings of each other. When using the talking piece, each person takes turns sharing and listening to one another. This gives everyone the chance to speak in an orderly fashion.



Materials you can use to make a talking piece:

- Paper towel roll or a medium/large stick or dowel (whatever you have at home).
- Decorate your piece with colored paper, tissue paper, construction paper, yarn, markers, feathers, ribbons, buttons, beads, fabric, etc.

Families can use their talking piece during meals or family gatherings. One person will begin to share while holding the talking piece as others listen. After they have finished, they pass the talking piece to the next person, and each person has the option to share or pass when the talking piece reaches them.

MEALTIME CONVERSATION STARTERS

Here are several questions that can be fun to explore with one another, making mealtime more fun. Put each question on a different piece of paper, fold it and place it in a jar. The person who is holding the talking piece pulls out the first question, reads it out loud and answers it. Then they pass the talking piece to the next person until everyone has answered the same question.

1. If you could go into any TV show, what show would you want to visit?
2. If you had to pick only one, would you want to be a great singer or a great dancer?
3. If you went to another planet, what would you bring with you?
4. If you could have one superpower, what would it be? Why?
5. If you could be your favorite cartoon character, who would you be? Why?
6. Which is better: being invisible or being able to fly?
7. If you could go anywhere in the world, where would you go?
8. If you could only have one wish granted, what would it be?
9. If you could read someone's mind, whose mind would you want to read? Why?
10. If you were invisible, where would you want to go?



Be creative and, as a family, come up with your own questions. Have fun connecting with one another!