Scrhoz

Family Stories & Staying Connected Prompt Pack

Prepared by Isla Baird | Scrhoz

15 simple prompts for family conversation starters, calls with grandparents, keeping traditions going and gathering one story a week.

How to Use This Pack

- Copy a prompt, paste it into any AI assistant (ChatGPT, Claude, Gemini or similar), and replace each [BRACKETED] part with your own details.
- Use first names or labels such as "my grandmother" or [CHILD]. Leave out birth dates, addresses, ID numbers and health details.
- Ask permission before you share anyone's story or photograph, and leave out anything they'd rather keep private.
- Treat what the AI writes as a first draft. Your family's own words are the best part, so keep them wherever you can.

Note: These prompts are for everyday family conversation. They are not therapy, medical, legal or genealogical advice. AI can invent details, so check anything factual with the people who were there. For a hard or painful conversation, a different kind of help may suit you better.

Start a Conversation

1. Dinner-Table Questions

> Write [12] questions for a family meal with [WHO'S THERE, E.G. TWO ADULTS AND CHILDREN AGED 6 AND 10]. Keep them light and easy to answer, covering small things such as favourite places, funny moments and things people are looking forward to. Mix serious and silly, and ask nothing that puts anyone on the spot. Don't invent details about my family.

Tip: Put the questions in a jar and take turns drawing one.

2. Questions for a Grandparent, From a Child

> My child, [AGE], would like to ask [GRANDPARENT, E.G. GRANDAD] about their life. Write [10] simple questions in a child's words about [TOPIC, E.G. SCHOOL / CHILDHOOD GAMES / FAVOURITE FOOD]. For each one, add a follow-up the child can ask if the first answer is short. Don't invent details about my family.

Tip: Let the child ask in their own words. The questions can be a little clumsy.

3. When Conversation Is Hard to Start

> I'm spending time with [RELATIVE, E.G. A QUIET TEENAGER / A SHY GRANDPARENT / AN UNCLE I DON'T KNOW WELL]. What they like: [NOTES]. Write ten gentle, low-pressure questions that don't feel like an interview, and suggest two ways to do something side by side, such as a walk or the washing-up. Don't invent details about them.

Tip: People often talk more when their hands are busy.

4. Warm Up a Reunion

> We're gathering for [OCCASION], and some people haven't met or haven't seen each other for years. There will be about [NUMBER] people, from age [YOUNGEST] to [OLDEST]. Suggest five easy ways to get people talking, such as a simple game, a question at each place setting, or an old photograph on the table. Keep them relaxed and optional, and don't invent details about my family.

Tip: One small thing on the table is enough to start a conversation.

Calls and Visits

5. Plan a Call With a Grandparent

> I want to help [CHILD, AGE] have a good call with [GRANDPARENT], who [LIVES FAR AWAY / IS HARD OF HEARING / TIRES EASILY]. Suggest a simple plan for a [10]-minute call: how to begin, three things to talk about, something to show or share, and a gentle way to end. Keep it flexible, and don't invent details about my family.

Tip: Short and regular is easier to keep up than long and rare.

6. A Video Call Across Time Zones

> We live in different time zones: [MY TIME ZONE] and [THEIR TIME ZONE]. Suggest three things we could do together on a video call, such as cooking the same simple recipe or reading a page aloud, and the best way to find a time that suits us both. Tell me if you need more details, and don't invent anything about my family.

Tip: Pick one regular slot, even if it's only fifteen minutes.

7. Make a Visit Count

> I'm visiting [RELATIVE] for [LENGTH OF TIME]. Their interests: [NOTES]. Suggest a simple plan with one shared activity, one question to ask and one small thing to bring, and leave the rest of the time open. Don't invent details about them.

Tip: Leave some hours with nothing planned. The best conversations rarely arrive on schedule.

8. Write a Note to a Grandparent

> Write a short handwritten-style note from [CHILD, AGE / ME] to [GRANDPARENT]. Things I'd like to mention: [NOTES, E.G. A RECENT OUTING, A DRAWING, A THANK YOU]. Keep it warm and specific, in simple words, under [80] words. Suggest one small thing to enclose, such as a drawing or a pressed leaf. Don't invent details about my family.

Tip: A note someone can keep often means more than a message that scrolls away.

Keep Traditions Going

9. Start a Small Family Tradition

> Suggest five small traditions our family could start. We are [WHO'S IN THE FAMILY], and we [DESCRIBE HOW YOU LIVE, E.G. LIVE IN A FLAT / LOVE WALKING / HAVE BUSY WEEKENDS]. Each should cost little, take under an hour and be easy to repeat. Add one line on how to begin, and don't invent details about my family.

Tip: Choose the one you could still manage on a tired Sunday.

10. Keep a Tradition Going When Life Changes

> Our tradition is [DESCRIBE], but [WHAT HAS CHANGED, E.G. WE'VE MOVED / A GRANDPARENT CAN'T TRAVEL / THE CHILDREN ARE OLDER]. Suggest three ways to keep the spirit of it going in the new circumstances, and one question to ask the family about what they value most in it. Don't invent details about my family.

Tip: Ask everyone what they love about it. The answers can surprise you.

11. Plan a Relaxed Family Gathering

> I'm planning a family gathering for [OCCASION] with about [NUMBER] people, including [CHILDREN / OLDER RELATIVES]. Help me plan a simple day: a loose timetable, who could help with what, food that needs little last-minute work, and one or two things to do together. Keep it relaxed, and don't invent details about my family.

Tip: Ask people to bring something small. It helps them feel part of the day.

12. Make a Family Meal Night

> Suggest a monthly family meal night for [WHO'S IN THE FAMILY]. Give me a simple routine, a few easy ideas for themes, such as a grandparent's recipe or a dish from [PLACE], and a way for each person to take a turn choosing. Keep it simple and affordable. Ask me if you need more details, and don't invent details about my family.

Tip: Let a different person choose each time, including the youngest.

A Story a Week

13. A Story a Week

> Write 12 short prompts for a weekly family story habit, one for each of the next 12 weeks. Each should invite a short story from someone in the family, such as the first time I rode a bicycle, the best meal I ever ate, or a day I got lost. Keep them suitable for all ages, and include a few that children can answer. Don't assume anything about my family.

Tip: Write the answer down, even in a few lines. Next year you'll be glad you did.

14. Share a Story Safely

> I'd like to share a family story about [PERSON, FIRST NAME OR LABEL] with [WHO, E.G. THE WHOLE FAMILY / ON SOCIAL MEDIA / IN A SCRAPBOOK]. Here's the story in outline: [NOTES]. Help me think through whether I should ask permission, what I should leave out, and how to word a message asking if I may share it. Don't write the story yet, and don't invent details about my family.

Tip: Ask the person first. A story belongs to the people in it.

15. Turn a Family Moment Into a Bedtime Story

> Write a short bedtime story of about [250] words for a child aged [AGE], based on this real family moment: [DESCRIBE, USING FIRST NAMES OR LABELS ONLY]. Keep it gentle and true to what happened, add a little magic to the details, and leave a place for the child to add something. Use only what I've told you.

Tip: Read it with the child and let them correct you. They remember the details.

Where to go next, and more from Isla Baird:

- Start Your Family History Prompt Pack (15 prompts)
- Family History and Memory Bundle (45 prompts, with a printable interview sheet)

More from Isla Baird

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