

## **::WEEK ONE GUIDE:: LOOKING BACK**

Before you begin each week please review the [Instruction Guide](#)

### **ICEBREAKER:**

*Everyone Shares*

Name a historical or cultural event you most remember? How did it impact you? Are there similarities to what we are going through right now with the pandemic?

### **QUESTIONS:**

1. Imagine how your childhood family would have navigated “Staying at Home” during a pandemic? What would have been stressful? What would have been fun?
2. Describe your family of origin?
3. What did your family do for fun?
4. What was your neighborhood like?
5. Share a highlight from your childhood.
6. What was dinner time like in your house? What is it like now?
7. Describe something that scared you when you were a kid.
8. As a kid what were your responsibilities at home.
9. Was home a safe place for you to be you? If not, where did you feel safe?
10. Who best understood you in your family?
11. Tell about a person outside your family who impacted how you saw life? Coach, teacher, friend, friend’s parents etc.
12. Tell about an event from your childhood, that impacted how you see life, faith or the world?
13. What were you known for in your family, school or neighborhood as a kid?
14. What did your family do on Sundays?
15. Share your experiences with faith or a faith community?
16. Talk about your favorite family member.
17. Tell us about a childhood friend.
18. What is the weirdest thing you did as a kid?
19. What is the most dangerous thing you did as a child or teenager?
20. What habit did you inherit from your family on how to manage life?
21. What one word best describes the way you observed finances being handled?

22. How did your family handle conflict?
23. Your family would say you are most like...
24. Talk about a regret. What do you wish you could change about your childhood?
25. What from your childhood carries on in your life today?
26. Talk about a family tradition.
27. Tell a story about someone from your childhood.
28. How was your childhood different from childhood today?
29. What did you daydream about when you were a kid?
30. Make up your own question \_\_\_\_\_