Questions to help you discover more about who you are:

Family Background & Childhood:

- Where were you born?
- Where were your parents/carers born?
- Which countries have you lived in?
- Which countries have your parents/carers lived in?
- What stories can you tell me about your childhood?
- How many brothers and sisters do you have?
- Can you tell me about our/my cousins?
- Do we have family living in other countries?

Cultural Identity & Traditions:

- What does my/your name mean?
- What language(s) do/did your parents or grandparents speak?
- Are there any special family traditions or customs we follow?
- Can you share any traditional stories or folk tales?
- Which cultural days do we celebrate?
- When do we celebrate these cultural days?
- How do we celebrate these cultural days?

Family Memories & Values:

- What is your greatest memory?
- What is most important to you?
- What special skills or talents run in our family?
- Are there any important values or beliefs that have been passed down in our family?
- How has our family changed over time?
- What do you think is unique or special about our family?

Food & Celebrations:

- What types of food are important to our family or culture?
- Can you share a recipe or dish that has been passed down in our family?
- What is your favourite family holiday or celebration and why?