

COURSE 3.1 Handout: Cultural Curiosity Conversation Starters

(Revised 2026)

Building belonging through culture isn't about having just one conversation — it's about creating ongoing opportunities to listen, learn, and celebrate what matters most to each child and their family. Here are just a few ideas to get the conversation started.

Questions About Family Traditions

Question for the child: “What are some family traditions you remember that made you feel happy or special?”

Question for the child's parent or family members: “Are there any family traditions that are important to your child that we should continue honoring while they are with us?”

Questions About Sharing Experiences

Question for the child: “In my family, Sunday dinners were a big deal — we all got together no matter what. Was there something like that in your family that you really liked?”

Question for the child's parent or family members: “In our home, we have some special traditions around meals and holidays. Are there important traditions you'd like us to know about to help your child feel comfortable while they are in our home?”

Questions About Food, Music, and Celebrations

Question for the child: “This is a food I loved to eat when I was growing up. Are there any foods from your culture that you miss or really love?”

Question for the child’s parent or family members: “Are there particular foods, types of music, or celebrations that are really meaningful for your family that we can help keep a part of their life?”

Questions About Daily Practices

Question for the child: “Is there anything from your family or culture — like a way of celebrating, dressing, or doing something — that you want to keep doing here?”

Question for the child’s parent or family members: “Are there any daily routines, styles of dress, religious or spiritual practices that are important for to continue while they are with me?”

Initiating conversations about culture helps children feel seen, respected, and connected!

Resources to learn more:

- <https://www.nami.org/learn-more/mental-health-conditions/related-conditions/self-harm>
- <https://www.crisistextline.org/selfharm>
- Suicide hotline/website: <https://suicidepreventionlifeline.org/help-yourself/youth/>
- <https://www.nami.org/learn-more/mental-health-conditions/related-conditions/self-harm>

- <https://www.crisistextline.org/selfharm>

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact Resource Family Training Team at resource.familytraining@odhsoha.oregon.gov or 503-930-8903. We accept all relay calls.