



Kinnections

strengthening community in care homes

Key Card Questions

This Resource has been created as part of the Kinnections
– strengthening community in care homes project.

www.myhomelife.uws.ac.uk/scotland/kinnections

Acknowledgment:

KeyCards have been inspired by Key Jar Questions

[48 Questions to Ask your Kids] by Erin Waters & Momastery.

The questions in this jar have been co-created in My Home Life & Kinnections projects.

KeyCards (Kinnections, UWS, 2020) is licenced under Creative Commons Non-Commercial Attribution
ShareAlike 4.0 International Licence.



What pet hates do you have?

What do you think is one of the hardest things in life?

What wee silly things make you happy?

Who do you think has a great life?

A person that has had a big impact on you and they don't even know it!

What would be the first word that the person who knows you best would use to describe you?

What do you treasure?

It's the day of your funeral, what would you like people to be saying?

When do you feel truly comfy?

What for you is the most beautiful sound in the world?

When have you felt pleased with yourself?

What is your favourite story from your life?

Who/what has been your 'rock' in life?

What has been the best part of getting older?

What's the kindest thing anyone had said to you?

What do you find funny?

What is something you desperately want to trust in?

Is there something you would like to learn in the next year?

Who do you admire?

Above all, what would you like to be known for?

What helps if you're feeling worried?

What are you most grateful for?

If you could relive one meal, which meal would it be?

If you were given £100,000 and you couldn't give it to anyone you know, what would you do with it?

What is your priority for today?

What game from your childhood would you like children today to know?

Is there something that you know how to do, that you would like to show others?

If you could travel back in time, where would you go?

If you had a flying carpet where would you go?

Do you have a motto in life?

What characteristics did you have when you were younger that you no longer show now?

What difference would you like to make in the world?

What kind of community do you have/would you like to have?

What's been the best change in the world over the last 50 years?

Tell me about something that's important to you that you won't compromise on...

What's the funniest thing somebody did or said recently?

What are you most proud of?

What's the best way to help someone feel welcome?

What did you dream about recently?

What helps you to feel that other people are fond of you?

What's something
that is hard
for you?

What makes
your day?

Describe what its like
to feel free...

What makes
you smile?

A risk you'd like
to take is...

Is there something
you like to do, to
show people that
they're important to
you?

If a newspaper
were to write a story
about you, what
would the story be?

Who here would you
like to get to know
better?

Describe your
ideal evening...

Is there anything
you would like to
get better at? What
would help you get
there?

What did you do
well lately?

What helps you if
you're feeling lonely?

What helps you to
feel at your best?

What keeps you
awake at night?

What was your
first thought when
you woke up this
morning?