

Beautiful Questions

CREATIVITY GUIDE

A TimeSlips Project



TimeSlips™

CONNECTING THROUGH CREATIVITY

What are Beautiful Questions?



To ask a Beautiful Question is to invite another person into wonderment. A Beautiful Question opens a shared path of discovery, by asking an open-ended question with no right or wrong answer. Family members, friends, caregivers, and volunteers can all use them.

Beautiful Questions can be used to:

- spark conversation in person or by phone;
- serve as writing prompts for pen pal relationships;
- bring a little joy and personal touch to daily interactions such as meal deliveries, scripted wellness checks, or transition times from one location to another;
- inspire further art or creative projects (what would this look like in movement, song, drawing, etc.);
- and forge connections across mixed ages and abilities.

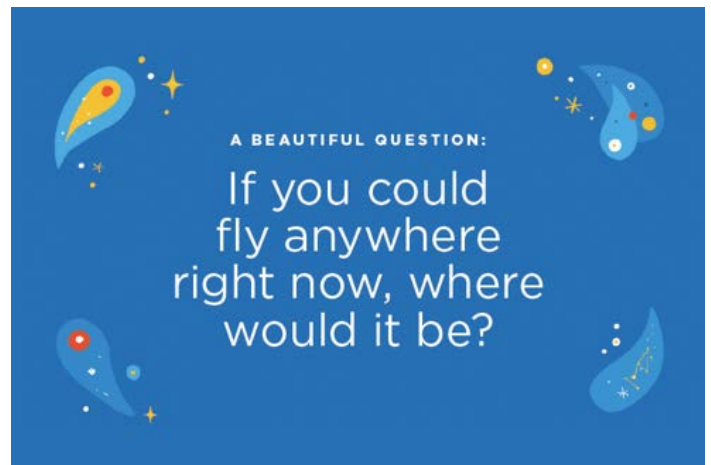


As part of the TimeSlips Beautiful Question project, family members, volunteers and professionals who work with older adults invite elders to consider a series of Beautiful Questions. We invite you to use the questions simply to deepen your exchanges but you may also choose to capture responses in written form, photographs, or audio recording and share them with us. If you choose to share, TimeSlips' artists may shape your responses into works to be shared.

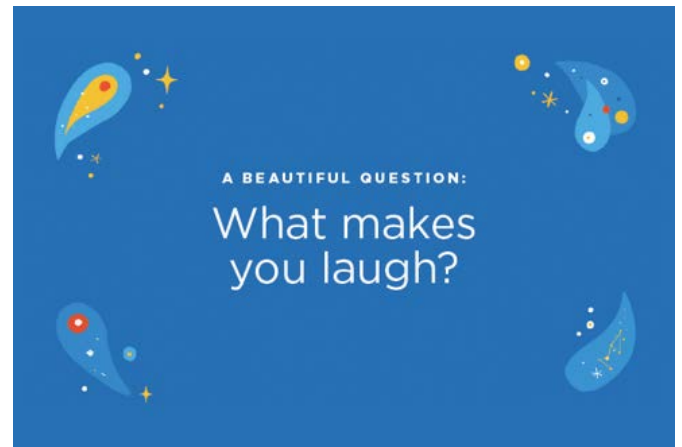
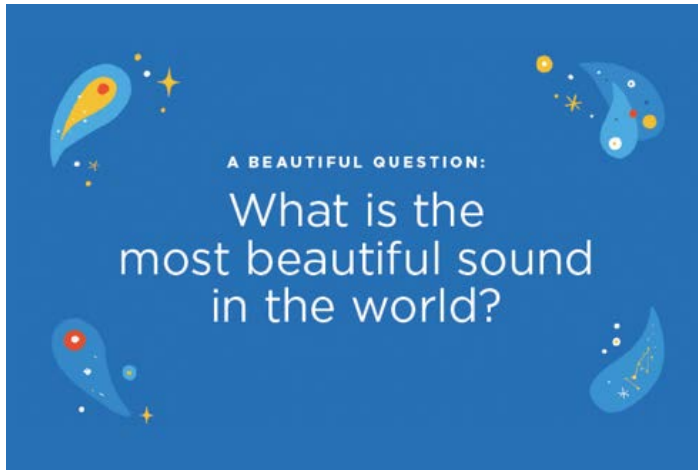
How do I ask them?

When inviting someone to respond, we suggest the following:

- ✧ *I have a Beautiful Question - would you like to hear it?*
- ✧ *There is no wrong answer - you can answer any way you like.*
- ✧ *It's part of a bigger project - we are collaborating with TimeSlips artists all over the country and world to share responses and create a feeling of caring and belonging.*



What are some examples of Beautiful Questions?



- What is something you treasure in your home? Why?
- What kind of food makes you happy?
- What is a place with special meaning for you?
- Who is someone you're grateful for? Why?
- What gift would you give the next generation?
- What is courage to you?
- How do you show courage in your everyday life?
- Who in your life do you see as courageous?
- What is something about life that puzzles you?
- What is something you've learned in life?
- What is something you could teach another person?
- What is something you would like to learn?
- What is a song with meaning for you?
- What sounds do you associate with your home?
- What sounds do you associate with being in nature?
- What smells make you happy?
- What is something in nature that brings you joy?
- What does your name mean to you?
- What feeling are you feeling right now?
- What is something you are proud of in your life?



How do I share responses with TimeSlips?

Make an audio recording of your conversations.

Do you have a smart phone? Simply use the Voice Memo feature. Before you begin, ask the person if it is okay if you record. Before you begin, ask the person to whom you are asking Beautiful Questions if it is okay to record your conversation. Let them know that only their first name (or no name if they prefer) will be used, so their privacy is protected. When you are finished, click "share" in Voice Memo and email the file to info@timeslips.

HELPFUL HINTS:

- * Try to eliminate background sounds and be sure to hold the phone as close to the person as you can.
- * Please include your city and state in the recording or your email to us.

Write it down.

Write down your questions and the responses. You may consider adding some drawings as well. Take a picture of your responses and share with us via email to info@timeslips.org or social media (see details on last page).

THERE ARE NO WRONG ANSWERS

- * Someone can offer fragments, partial words, sounds - lines, drawings, gestures. The questions are designed to draw out their personal response from whatever forms of expression they have, and we as listeners respond with support and affirmation. If an answer is non-verbal, do your best to describe it in writing.

No smart phone? Leave your responses on our voicemail.

Call TimeSlips at **1-800-220-1822 (ext. 1)** and leave the responses to Beautiful Questions for us! We are collaborating with Public Radio to create brief segments. We are also working on other creative ways to share responses from around the US and world!

TimeSlips website

All our Beautiful Questions also appear on our website and you can record responses on our Creativity Center (see details on last page).



What else should I know about Beautiful Questions?



- ✧ We design them to target emotions
- ✧ Try not to ask "best" or "most" - these demand that people make complex comparisons which is challenging for people with dementia
- ✧ We design them to invite expressions of strengths and generosity
- ✧ We design them to invite expressions of senses
- ✧ We design them to invite re-imagining of the home and to broaden one's view from home to larger world

Can I use these questions in a group setting?

You can simply share a Beautiful Question with each member of the group and gather their responses, being careful to echo and repeat them exactly as they were offered to you.

After you gather the responses, invite the group to record the responses by voice memo. You'll have to write the responses legibly so they can read them back to you.

Creative Challenge



Try inviting respondents to create gestures as part of their answers. You can do this by asking questions like...

What would that look like? Could you show me with a movement or a gesture?

Put these responses together into a movement sequence. Playing music behind the sequence while you read the answers will make this feel like a beautiful dance.

TimeSlips Resources:

You will find many prompts for **Beautiful Questions on our Creativity Center**.
<https://www.timeslips.org/resources/creativity-center>

Look for our Creative Care Imagination Kit with 25 Beautiful Questions and 25 image prompts in late 2020, available from publisher, HarperOne.

Stay connected with us!

Follow us on social media and be sure to share with us updates of this project so that you can help inspire our international network of Certified Facilitators. If you post an update, tag us and use the hashtag **#CreativeCareRevolution**

Follow us here:

 <https://www.facebook.com/TimeSlips-Creative-Storytelling-167205470005660/>

 <https://www.instagram.com/timeslipscreativecare/>

Questions? Contact info@timeslips.org with "Beautiful Questions" in the subject line.



Founded by MacArthur Fellow Anne Basting, TimeSlips is a nonprofit, international network of artists and caregivers, committed to bringing joy to late life. Our dynamic training helps organizations re-imagine programming to be meaningful and strengths-based, using the power of creative engagement to build relationships and partnerships within communities and with the wider public.

Learn more about TimeSlips at www.timeslips.org