



**Cosmic
Conversations**

Conversation Starters
for Families

*Eid
Edition*

Dear Cosmic Centaurs Community,

Eid Mubarak! This is a time to reflect, exercise gratitude, give back to our communities, and spend time with those who matter most.



Why Cosmic Conversations?

Our first team is our family, and at Cosmic Centaurs, we truly understand the power of fostering great teams. In our fast-paced world, we recognize the challenges that parents and caregivers face in finding meaningful ways to engage with their children (and vice versa). Striking a balance between the demands of work and the desire for genuine connection at home is essential not only to be great parents and individuals but also to be great leaders.

That's why we created Cosmic Conversations: Conversation Starters for Families, a spin-off of our first game Cosmic Conversations: Conversation Starters for Teams. More than just a set of cards with prompts, these games are a tool to help you discover more about your family members, spend quality time together, and leave you feeling deeply connected.

This Eid, we present you with a version of Cosmic Conversations curated for Eid.



Jump right in!

1- Play a game of Cosmic Conversations

Cosmic Conversations is versatile and can be integrated into various moments with your family: during Iftar, while on a car ride, or when out with a friend. It can be played with all family members including grandparents and children above the age of 6.

The deck includes more than 100 questions divided into 4 themes: Heroic Humans, Whimsical Worlds, Character Chronicles, and Power Pack.

Our Ramadan edition includes 12 questions (3 from each category.) and 3 activity cards.

Guidelines

Pick a question and invite everyone to share their thoughts: take turns answering, listen actively, and enjoy the stories and ideas as each family member contributes.

Encourage deeper conversations by asking follow-up questions and exploring the richness of each other's perspectives.



Heroic Humans

Explore the power of values as a family

What is something you want to do this month that will make you feel proud?

Name three people or things you are grateful for in your life and explain why they are important to you.

Identify 3 values that are exemplified during Ramadan and how we can embody them in our daily lives.



Character Chronicles

Unpack personal stories & lessons learned

For Kids

When was the last time your parent did something kind that made you proud?

For Parents

When was the last time your kid did something kind that made you proud?

For Kids

If you could donate some of your toys or books, which ones would you give and why?

For Parents

What are some items our family could donate this Eid?

For Kids

Which one of our families' Eid traditions will you pass on to your kids and why?

For Parents

What is one Eid memory from your childhood that you cherish?



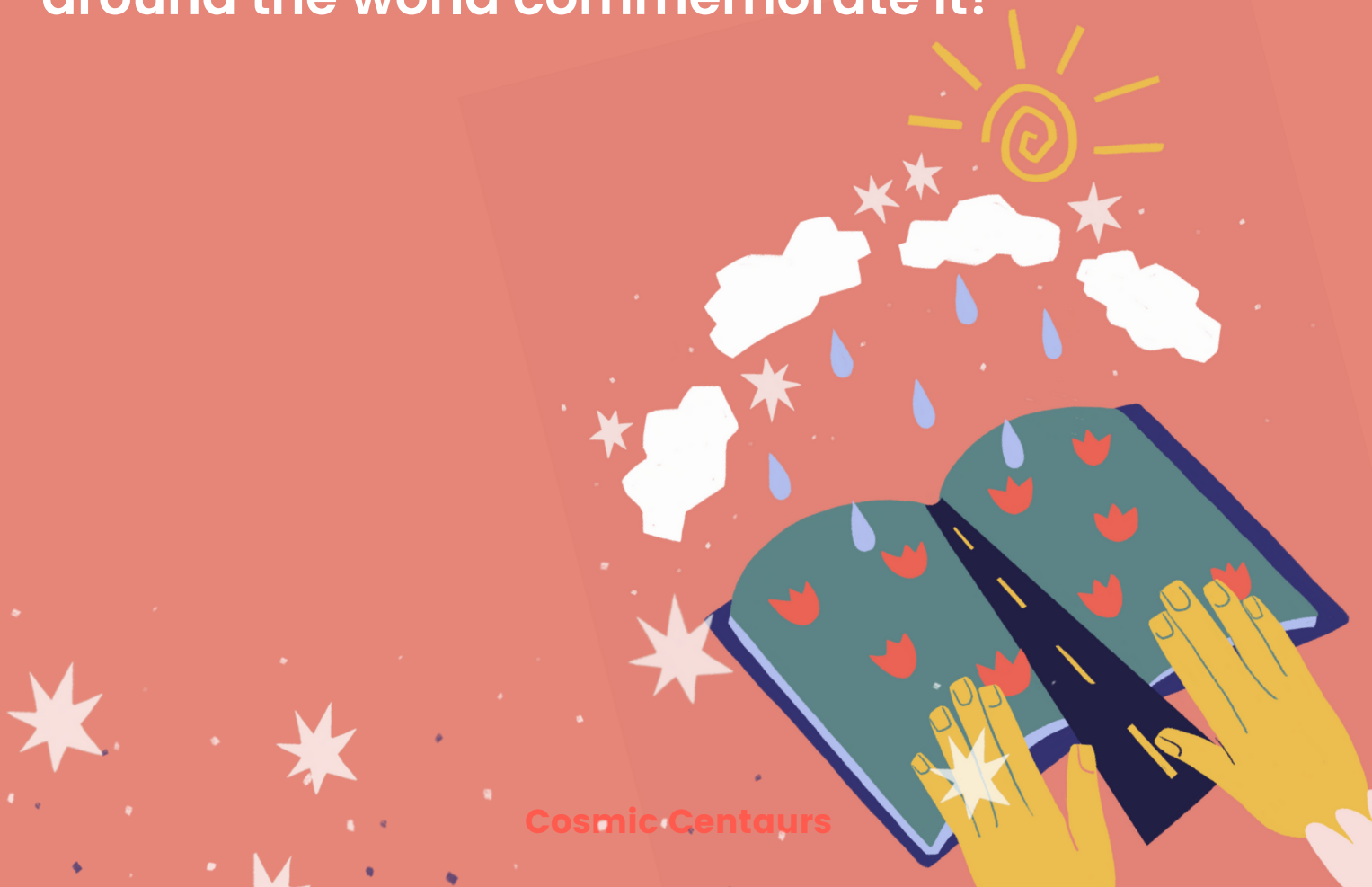
Whimsical Worlds

Embark on imaginative journeys together

You discover a magical key that unlocks a hidden door. What's behind the door and where does it lead to?

If you could step into the world of any book or movie, which one would you choose to live in and why?

Imagine you have the ability to invent a brand-new holiday. What would this holiday celebrate, and how would people around the world commemorate it?



Power Pack

Ignite the potential of your family unit

Which family tradition do you enjoy the most and why?

How can our family work together to help someone in our community?

What is the best meal we cook as a family, and why is it your favorite?



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2- Organize a Family Activity

We picked three out of the six activity cards included in the game. These activities help you enjoy time together and deepen your connections by fostering creativity, encouraging teamwork, and creating memories that strengthen your family bonds.

Activity Cards

Run a family activity to mark milestones and occasions



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Activity 1

Make a Meal Together

Food brings people together in all cultures. Make and enjoy a favorite meal as a family from shopping to eating.

You'll need: ingredients & party hats

- 1- Make a list of each family member's favorite meal.
- 2- Decide whose favorite meal you will select to cook together today.
- 3- Make a trip to the store to buy the ingredients required.
- 4- Collaborate in the kitchen, play music, chat, and answer Cosmic Conversations prompts while cooking.
- 5- Don't forget to set the table together and have fun with it – pick a theme or wear silly party hats.
- 6- Share the meal as a family.



Activity 2

Define our Family Values

You'll need: blank sheets of paper and writing materials

- 1- Explain the importance of values and how they shape our beliefs, decisions, and actions.**
- 2- Each family member writes down their personal values.**
- 3- Compile the list by discussing and merging individual contributions, until you've narrowed it down to 4 or 5 shared values.**
- 4- Reflect on the meaning and significance of each value, discussing how they align with your family's identity and aspirations.**
- 5- Display the finalized list of family values in your home.**



Activity 3

Create a New Family Ritual

A ritual is a repeated action or event, often associated with traditions.

1- Start by making a list of the family rituals you practice. Discuss which are important to you and why.

2- Brainstorm and develop a new family ritual. What activities, values, traditions will the ritual include? What will trigger the ritual (celebration, conflict, calendar event, etc.)

3- Discuss practical aspects like timing, frequency, and necessary preparations for the ritual.

4- Mark your calendars! Set a date for the first instance of your new family ritual.

Eid Mubarak!

We hope Cosmic Conversations for Families prompts inspire meaningful discussions around the table, compel you to give back in some way, and ultimately, create cherished memories that last beyond Eid.

Wishing you infinite health, light, happiness, and peace.

Sincerely,
The Cosmic Centaurs Team