

High-Low-Buffalo Game: Family Conversation Starter

The Rules:

Every person shares:

- **High** = the best part of your day
- **Low** = the hardest part of your day
- **Buffalo** = something random or funny

Why It Works:

- It forces more than “fine” answers.
- It makes space for both good and bad.
- It builds the habit of actually talking.

Example Round:

- High: “Scored in soccer.”
- Low: “Bombed my math quiz.”
- Buffalo: “Our dog sneezed 7 times in a row.”